HEALING OUR WORLD

GROW: Suburban Gardening with John Kohler, Sproutman Steve Meyerowitz

EAT: Nourishment, Hippocrates Chef Ken Blue's Recipes,Crudessence Review

HEAL: Chlorophyll's Healing Power, The Role of Greens and Oxygen in Health

SUSTAIN: John Robbins on Earth-Friendly Food, Will Algae Save the Planet?

ALSO: Jeffrey Smith on GMOs, Raw Fraud and MORE!
Hippocrates Health Institute West
Introduces the California Program
Mayacamas Ranch
in Napa, California

ANNOUNCING THE LAUNCH OF THE 2010 PROGRAM
IN REGENERATION MEDICINE FOR OPTIMAL LONGEVITY

Drs. Brian and Anna Maria Clement’s Hippocrates Life Change Program
Pioneering program teaching a living foods lifestyle

Program highlights include:
• Living food in its purest form — fresh, organic and enzyme-rich
• Life-giving juice from fresh, organic vegetables and choice sprouts
• Private consultations with Hippocrates Health Professionals
• Kitchen techniques and instruction on preparing delicious living food
• Massage and healing arts therapies
• Far infrared sauna
• Educational classes detailing the life-restoring aspects of a vibrant lifestyle
• Exercise classes, yoga and meditation

Take control of your personal well-being by allowing your body to maximize its natural healing potential to detoxify and recharge physically, emotionally and spiritually.

Most people spend more time planning their vacation than they do planning their estate. The consequences can be alarming, because without a properly designed estate plan, assets accumulated over a lifetime may end up being dissipated in avoidable estate and income taxes, not to mention costly administrative expenses and distributions to heirs in ways that they never would have wanted.

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Call (561) 471-8876 ext. 177 for more information.
At a Glance

Chlorophyll
Chlorophyll is the power-packed workhorse of the plant world. Learn what this super health-builder can do to improve your well-being.

A Breath of Fresh Greens
Hippocrates’ wheatgrass and sprout guru, Michael Bergonz, talks about the benefits oxygen-rich greens offer.

Green Foods & Sustainability

Genetically Modified Soy Linked to Sterility and Infant Mortality
Despite pressures to halt their work, scientists are learning more about the dangers of genetically modified soy.

Raw Vegan Power
With a beautiful raw vegan body, and strength and endurance to spare, body-builder Mary Luciano asks, “Who could want anything more?”

Herbs for Happier Emotions and Brighter Brains
Physical and emotional detox are both part of a sound health program. Find out which herbs offer support.

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6 October 30 is Rawfest at Hippocrates
Join your friends at Hippocrates for food, fun and prizes. And don’t miss the grand opening of Wigmore Hall at noon.

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22 Raw Fraud
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Purity made simple.

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An edible quotable for your mind and spirit.
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Prevent stress from harming your adrenal glands

LifeGive™ AdrenaSupport™ is a traditional, herbal formula that helps to support and balance natural, healthy adrenal function and offers a nutritional healing approach for long-term adrenal strengthening.

Proper care of our adrenal functioning is important for good health. The adrenals respond well to proper rest and sleep routines. One should avoid toxic stimulants, acidic foods, and excessive sugars and focus on proper nutritional support such as raw foods and herbal supplements. Certain items such as tobacco, coffee, chocolate, sodas, and similar toxins should be avoided to improve adrenal function.

PREVENT STRESS FROM HARMING YOUR ADRENAL GLANDS

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Monday – Friday, 10 am – 5 pm | Saturday, 10 am – 3 pm

We are excited to announce that Brian will soon complete a three-volume series early next year entitled “Food is Medicine.” This 1100-page contribution for serious health seekers, as well as the academic community, will solidify the deep and dynamic biology of how nature itself contains the power to prevent, heal and preserve. Although we use a multifaceted approach at Hippocrates in bringing people back to themselves, food is the core in that it not only nourishes, but acts as a meter, registering how much—or how little—we honor and care for ourselves.

We are elated to have international colleagues laboriously working in clinics, universities and practices, verifying the power of plant-based foods. Recently, we have both refocused our efforts on purveying current and relevant biological science that reveals the intricacies of food as medicine. We are learning even more than we thought possible about the role phytonutrients play in longevity and the eradication of disease. It is an honor for us to have received the torch from forbearers such as Ann Wigmore and Alma Nissen. Their raw and often obscure field. We and our then few colleagues contributed to the well-being of people, animals or the environment and would like our readers to know its offerings, consider advertising with us. Total circulation: 85,000 Estimated readership: 300,000 per issue. Contact Will Burson at (561) 471-0158, ext. 167, email WBurson@HippocratesInst.org or visit us online www.HippocratesInst.org.

DISCLAIMER: Hippocrates Health Institute (HFI) values the views expressed by its contributors in Healing Our World magazine. While HFI appreciates the work of each contributor, some of the food item discussed in Healing Our World magazine are not included in the Hippocrates Life Change Program’s dietary protocol.

The materials, information and opinions expressed in this magazine are not necessarily those of Hippocrates Health Institute’s Directors, employees, agents, distributors and/or its affiliated or related entities, content providers or publisher. This magazine and any information contained herein are for educational purposes only.

Hippocrates Health Institute is not a health care provider. It is a non-profit, tax-exempt organization whose purpose is providing guests and students with progressive information. Hippocrates Health Institute and Hippocrates Health Institute of Florida, Inc. do not provide medicine or medical diagnosis, care or treatment. Any and all information contained in this magazine is to be construed as medical opinions. The information herein is not meant to supplant or take the place of your medical treatment, diagnosis or care.

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From the Directors

When we were in our twenties and just beginning careers in nutrition, it was still considered an obscure field. We and our then few colleagues have remained passionate about nutrition since those early days. Seeing that passion spread and multiply over the subsequent decades is not only profound but rewarding. Throughout these years, we have helped hundreds of thousands of people help themselves attain complete health. There is now a rapidly developing nutritional science archive of worldwide studies not only supporting the Hippocrates protocol, but explaining the mechanics of how food is medicine.

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With respect,

Drs. Anna Maria and Brian Clement

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With respect,

Drs. Anna Maria and Brian Clement

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Be at Hippocrates for the Grand Opening of Wigmore Hall • Noon, October 30

This year’s theme: “Fictional Characters”

Dress up as your favorite cartoon or movie character for your chance to win a fabulous prize.

A one week stay at Hippocrates is the grand door prize.

Winners must be present to claim prizes.

Guests and Vendors, please contact Reenie Brewer to RSVP. rbrewer@hippocratesinst.org (561) 471-8876, ext. 130

The theme of this issue of Healing Our World is Green Foods. “Green” is quite the buzzword these days. In addition to referring to ourselves and others as “green,” the word is applied to just about everything in our lives: “green” houses, “green” cars, “green” office buildings, “green” light bulbs and cleaning supplies, even “green” power plants (we’ve come a long way, if you can believe it). All this is great, but many people overlook the biggest way we can positively impact the environment, not to mention our health. This single biggest factor is what we choose to put on our plates every day.

Changing the way we eat is not the easiest task. However, it stands to reason that since we are what we eat, we aren’t truly “green” until we eat green. The healthiest diet has long been established as a well-balanced diet of plant-based foods. These foods should actually come in a variety of colors, but the healthiest among them are the foods rich in chlorophyll—the green ones.

This sounds great in theory, but then there are life’s hurdles:

When will I find time to chop all those vegetables for every meal?

Eating healthily isn’t quite as simple as grabbing a frozen bag of organic bok choy or broccoli and nuking it in the microwave. Not to mention the strange looks you’d get at the drive-thru window if you asked for kale chiffonade.

Wouldn’t it get boring to eat nothing but salads every day?

This is actually the weakest argument, but it made its way onto the list since it’s a common one. There are still burgers, pizzas, soups and savory desserts in the world of plant-based food. You can even find nachos and ice cream.

What about the monetary cost?

There’s no denying that going green can be quite a challenge. But when you consider the savings to our planet is also great when we eat “greener,” reducing adverse effects to our water, energy and natural resources (like rainforest depletion due to cattle grazing). After reading the powerful content of this special issue, we think you’ll agree with the sentiment Kermit closes his 1970 hit song with: “I’m green and it’ll do fine; it’s beautiful and something “much more colorful like that.”

These challenges can seem insurmountable. They bring to mind one of my favorite songs, “Bein’ Green.” You know, the one sung by Kermit the Frog on Sesame Street. Our amphibious friend sings, “it’s not that easy being green,” lamenting blending in with everything — and not being an exciting color like red or yellow or gold or something “much more colorful like that.”

Green Conquers All

With the help of leading experts, this issue of Healing Our World takes a look at Green Foods from every angle, putting all these concerns to rest. These articles explain that plant-based foods are easy to prepare and anything but boring. And, they can actually cost far less than standard food staples for those willing to put forth minimal effort and change their routines a bit. Their lower cost isn’t just monetary—these foods nourish and rebuild our bodies, potentially saving us thousands of dollars in future health bills. The savings to our planet is also great when we eat “greener,” reducing adverse effects to our water, energy and natural resources (like rainforest depletion due to cattle grazing).

After reading the powerful content of this special issue, we think you’ll agree with the sentiment Kermit closes his 1970 hit song with: “I’m green and it’ll do fine; it’s beautiful and I think it’s what I want to be.” Even Miss Piggy would have to admit viruliscence never stopped anyone from “standin’ out like flashy sparkles in the water or stars in the sky.” Be green.

Will Barson

Dear friends at Healing Our World Magazine,

Sincere thanks for the in-depth interview you ran on me and my guitar music in your last issue (Volume 30, Issue 2). When you edited it down from the text that I’d approved, I noticed what must have been an accidental but most embarrassing mistake that made it sound as if I had called the doctor at the NIH a quack! Exactly the opposite is true as he and his team are devotedly trying to help musicians with Task Specific Focal Dystonia.

I had indeed consulted several “quacks,” who will remain nameless, but this was certainly not the case with any doctor at NIH. Thanks for setting the record straight!

— LIONA BOYD, ClassicalGuitar.com
It is past time for us to look to the government to bail us out of this mess. We are on the top of the food chain, and we can make things happen together.

Safe eating.

Jeffrey M. Smith

It’s time to reclaim a food supply without dangerous genetically modified organisms (GMOs). And we can do it — together.

When European consumers said no to GMOs, the food companies kicked them out. As more and more U.S. consumers rejected GM bovine growth hormone, most dairies and brands, including Wal-Mart, Starbucks, Kroger, Dannon and Yoplait, responded.

Now we are joining forces nationwide in the Campaign for Healthier Eating in America — designed to achieve the tipping point of consumer rejection of GMOs to force them out of the market.

October is Non-GMO Month and 10-10-10 is Non-GMO Day

Between now and then, we will send out a series of articles you won’t want to miss.

Instructions for receiving Jeffrey Smith’s newsletter are in the green box in the bottom left corner of this page.

To learn more about the health dangers of GMOs, and what you can do to help end the genetic engineering of our food supply, visit www.ResponsibleTechnology.org.

Click the Newsletter link for Non-GMO Day updates.

To learn how to choose healthier non-GMO brands, visit www.NonGMOShoppingGuide.com.

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Supplement Facts

In his latest book, Brian Clement, Ph.D. looks closely at the role nutrition and supplementation plays on health, shedding light on the myths, misconceptions and misinformation clouding clear understanding of these important topics.
Contributors

Michael Borgoni is internationally known as the pre-eminent wheatgrass cultivator. Michael has innovated many of the cutting-edge growing systems presently utilized at Hippocrates Health Institute. He also leads classes on wheatgrass, sprouting and the emotions of communication.

Chef Ken Blue, once proprietor of his own award-winning vegetarian restaurant, made Hippocrates' home after completing the Hippocrates Health Educator program. Ken is now executive chef at HHI and has since enriched and expanded the repertoire of delicious, nourishing cuisine served to HHI guests and visitors.

Will Burson is Art Director of Hippocrates Health Institute. After 15 years in the advertising business, the casual HHI lifestyle is a welcome change for Will, where he can usually be found rushing around the campus on his bicycle, green drink or gourmet salad in hand. A recent transplant from Texas, Will lives near the beach with his two dogs, enjoying the Florida sun.

Antony Chatham, a Florida-licensed psychotherapist, has worked with Hippocrates’ guests since 1996. He draws on inspiration from Eastern and Western traditions of holistic healing and integrates knowledge and experience from psychology, philosophy and theology, in which he holds Masters’ degrees and doctoral course work.

Katharine Clark is Director of the Health Education Department at HHI. The program she conceived at Hippocrates Health Institute has been teaching a program and established training in active aging and disease prevention that has proven to raise health and happiness levels.

Dr. Brian Clement is Director of the renowned Hippocrates Health Institute (HHI), the world’s foremost complementary residential health center. He and his team at HHI have developed a state-of-the-art program for health maintenance and recovery. His Florida institute has pioneered a program and established training in active aging and disease prevention that has proven to raise health and happiness levels.

Dr. Mark Edwards writes, speaks and consults globally on sustainable food and energy. Mark graduated from the U.S. Naval Academy in mechanical engineering, oceanography and meteorology. He holds an MBA and Ph.D. in marketing and consumer behavior and has taught strategic marketing, leadership, sustainability and entrepreneurship at Arizona State University for more than 30 years.

Alissa Helene has a Masters’ Degree in Education from the University of Florida, Gainesville. With a background in teaching, Alissa enjoys getting to know each and every Hippocrates guest and helping them succeed on their journey to health. As a lifelong learner, her passion for education suits her role at HHI perfectly.

Dr. Janet Hranicky is the founder and president of The American Health Institute, Inc. As a pioneer in the developing fields of Psychoneuroimmunology and Bioenergy Field Medicine, Dr. Hranicky has applied her clinical research in mind-body medicine and cancer to a prevention model by developing an anti-aging/longevity program: “The Younger You.”

John Kohler hosts a popular internet show, Growing Your Greens, about his bountiful front-yard garden in the suburbs of Northern California. When he’s not busy harvesting greens, beans, mangolé and peppers, John offers lectures on raw foods and runs a successful online raw food appliance store, DiscountJuicers.com.

Mary Luciano is a high raw vegan bodybuilder in Toronto. A strong advocate of living foods, Mary does all she can to debunk myths about people “needing” animal proteins to be strong and healthy. She’s already won 2nd place in an international natural bodybuilding competition and has now set her sights on first place.

John A. McDougall, M.D., is a physician and nutrition expert who teaches better health through vegetarian cuisine. Dr. McDougall has been studying, writing and “speaking out” about the effects of nutrition on disease for over 34 years. Dr. McDougall is the author of several national bestsellers. His latest ground-breaking book is The McDougall Program for a Healthy Heart. Learn more at DMcDougall.com.

Michele Mendez is pursuing her passion for Alternative Medicine at Everglades University. A wife and mother, Michele is encouraged every day to learn more about herself, gain wisdom and experience understanding.


Monica Péloquin has been organizing French group trips to Hippocrates Health Institute dating back to the institute’s move to West Palm Beach. The trips she organizes each July and December include French translation. Monica translated Dr. Brian Clement’s books to French and has written a book of her own, Bladé of Wheat Grass. Contact Monica at monica@instituthippocrate.com or (514) 288-0449 for more information.

Jeffrey M. Smith, an international bestselling author and independent filmmaker, is the leading spokesperson on the health dangers of Genetically Modified Organisms (GMOs). His meticulously researched books and films document how the world’s most powerful ag biotech companies bluff and mislead safety officials and critics to put the health of society at risk. Learn more at www.SeedsOfDeception.com.

Debra Tau is first and foremost a loving and conscious mother to her 1½ year young son, Thaddeus, who, like his mom, enjoys plant-based living foods. Debra wears many hats at HHI, including writing for and editing Healing Our World magazine. Debra is also developing her own business. Her “day village” will be a conscious community for mothers and children to gather and help one another. Contact Debra at dayvillage@gmail.com for information.

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Rita Robinson, a writer and editor in Laguna Beach, California, fell in love with raw foods more than six years ago. She even got her bikini-body back. Now Rita and Raw, she will soon have a blog about Building Your Ease State—Your Best Guarantee for Right Here, Right Now. Contact Rita at evolvetolove@yahoo.com.

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**New Amenities at Hippocrates Health Institute**

by Will Burson

Anyone who’s been to Hippocrates Health Institute (HHI) lately knows there is some expansion underway.

The grand opening of Wigmore Hall, HHI’s spacious multi-use facility, will be celebrated at noon, October 30, at the Hippocrates Rawfest.

Nearing completion are the Hippocrates Villas, eight private sets of guest suites featuring upscale accommodations and a striking waterfront view. The villas are conveniently situated at the hub of the lush campus.

Another building that will soon open is the HHI Fitness Center. The new structure will feature state-of-the-art exercise equipment as well as a sauna, steam bath, hot tub and exercise pool.

Last but not least is the HHI Lecture Hall. Construction will soon begin on this innovative facility, which will host not only lectures by Drs. Brian and Anna Maria Clement and their knowledgeable staff, but many other experts in the field of natural health. The hall will also serve as an auditorium for the Hippocrates Health Educator Program and other special events.

**We Need Your Books!**

Hippocrates is starting a library for its guests. We are collecting books in old or new condition, novels or nonfiction, classical literature or medical / health texts.

Please mail donations to:

Hippocrates, Attn: Library • 1443 Palmdale Court • West Palm Beach, FL 33411

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**Dr. Brian Clement’s Speaking Schedule**

**September**

12 St. Augustine, FL
21 Waltham, MA
22 Leverett, MA
23 Fairfield, CT

**October**

2 Charleston, SC
14 New Jersey
17 Guelph, Ontario
18 Barrie/Orangeville, Ontario
19 London, Ontario
20 Toronto, Ontario
21 Georgetown, Ontario
23-24 Toronto, Ontario

**November**

4 Palm Beach Gardens, FL
13 Naples, FL
20-21 Guadeloupe
27-28 Toronto, Ontario

**December**

3-4 Martinique

*Subject to change. Please check HHI website for current schedule.

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**What’s the News?**

**New Hippocrates Medical Consultant**

by Debra Tau

Dr. Zoraida Navarro brings a balance of alternative and traditional medicine. She is experienced in both worlds and her work at HHI will serve as a bridge of between the two.

Dr. Navarro grew up in New York City, where she attended the prestigious Stuyvesant High School. This experience served as a springboard to her lifelong love of science and technology. She became passionate about helping people regain their health after witnessing her sister’s battle with chronic asthma.

She attended Boston University School of Medicine, which has a strong tradition of the use of nutrition, herbs, positive thinking and a holistic approach to the patient. This experience taught her that “good health can never be obtained in a vacuum. Both natural and compassionate healing are important.”

As a medical student, she searched for a solution to her own leg pain and discovered that European and Canadian doctors relied more on nutrition, extracts and exercise, and less on surgery and medicine than their American counterparts.

This realization prompted Dr. Navarro to focus her practice on an integrated model of medicine.

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**Fresh Faces**

**Rosemary Davila**

is the Spa and Therapy Director for the Oasis Therapy Center at Hippocrates Health Institute.

A seasoned spa director and hotel manager for five-star resorts, Rosemary looks at holistic therapies as an exciting new chapter in her career. When not at the Oasis, Rosemary does volunteer work with the ALS Association and is an avid animal lover. She lives in Wellington with her two children and pets.

---

**Erin McClanahan**

is the Store Manager at Hippocrates Health Institute.

With more than 12 years experience managing health and nutrition centers, she feels that Hippocrates is the perfect place for her to truly help people. Erin's passion is customer service and it always shows, whether you walk into her store or talk to her on the phone. She met the love of her life seven years ago and they have a beautiful five year old daughter.

---

**Eric Vance**

is the new manager of HHI’s Maintenance Department. After moving to West Palm Beach from St. Petersburg, Florida, Eric was employed by Hippocrates for their new construction projects. Proving his expert craftsmanship and strong work ethic, Eric was promoted to fill the position of Maintenance Manager.

Eric loves boating and is enjoying living close to the Atlantic Ocean in his new home.

---

**Fresh Faces**

**Tom Fisher, R.N., B.A.**

is a registered nurse, Hippocrates Health Educator and Stage IV cancer survivor. After Tom's experience with cancer he found the Hippocrates Health Institute to be the pinnacle of teaching the living foods lifestyle and has integrated these principles in his daily life to keep healthy and happy. Tom is passionate about empowering people with the living foods lifestyle, and enjoys his work.

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**What’s the News?**

**New Hippocrates Medical Consultant**

by Debra Tau

Dr. Zoraida Navarro brings a balance of alternative and traditional medicine. She is experienced in both worlds and her work at HHI will serve as a bridge of between the two.

Dr. Navarro grew up in New York City, where she attended the prestigious Stuyvesant High School. This experience served as a springboard to her lifelong love of science and technology. She became passionate about helping people regain their health after witnessing her sister’s battle with chronic asthma.

She attended Boston University School of Medicine, which has a strong tradition of the use of nutrition, herbs, positive thinking and a holistic approach to the patient. This experience taught her that “good health can never be obtained in a vacuum. Both natural and compassionate healing are important.”

As a medical student, she searched for a solution to her own leg pain and discovered that European and Canadian doctors relied more on nutrition, extracts and exercise, and less on surgery and medicine than their American counterparts.

This realization prompted Dr. Navarro to focus her practice on an integrated model of medicine.

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### Retired Military Leader: U.S. Youth “Too Fat to Fight”

**Obesity Rates in America are Now a National Security Issue**
by Debra Tau

One out of every four young adults in America are obese. This statistic has tripled in the past 10 years, giving cause to be concerned on many levels. A group of retired U.S. military officers called Mission: Readiness is concerned because to them the increased obesity rates among American youth pose a potential National Security issue. More than a quarter of young adults are unable to meet the military’s physical requirements with weight problems as the number one medical reason why potential young recruits are rejected. America’s youth are simply “too fat to fight”, as noted by retired Navy Admiral James Barnett, Jr., who is part of Mission: Readiness.

Since 40% of a child’s caloric intake is consumed at school, Mission: Readiness sees lunchtime as the first logical line of defense in preventing teenage weight problems. Therefore, the group is calling for tougher regulations on school lunch programs as a way to cut children’s daily calories, while also boosting nutrition. Ironically, the military called on the government to address childhood malnourishment in 1945, which spurred the launch of the National School Lunch Act. This time around, the approach includes eliminating junk food and high-calorie beverages, while also developing initiatives to educate children and their parents on healthy eating and lifestyle changes.

An improvement in childhood nutrition will also help to reduce diet related healthcare costs, and thus benefiting the military's physical requirements with weight problems. Therefore, the group is calling for tougher regulations on school lunch programs as a way to cut children’s daily calories, while also boosting nutrition. Ironically, the military called on the government to address childhood malnourishment in 1945, which spurred the launch of the National School Lunch Act. This time around, the approach includes eliminating junk food and high-calorie beverages, while also developing initiatives to educate children and their parents on healthy eating and lifestyle changes.

### School Food on Upswing?

**by Debra Tau**

You don’t have to look far to see that obesity is a growing problem in today’s youth. In light of this problem, there are several initiatives underway that aim to reverse this devastating trend:

- **D.C. SCHOOLS ELIMINATE SUGARY CEREALS, FLAVORED MILK**
  Beginning in Fall 2010, Washington, D.C. schools will no longer offer flavored milk and sugary cereals.

- **SENATE OKS $4.5 BILLION LUNCH TICKET**
  At the time of this writing, the House is in recess, but First Lady Michelle Obama is optimistic about the bill, which would enable school cafeterias to overhaul their menus in favor of more healthful offerings.

- **FTC MAKING NOISE OVER FOOD ADS AIMED AT KIDS**
  The Federal Trade Commission (FTC) is responsible for regulating advertising. Everyone knows kids eat what they see, so restrictions on advertising during children’s programming would be a good thing. Rumor has it the FTC is ready to release a report, but food marketers complaints are holding it up.

- **MILITARY CALLS FOR GOVT. INTERVENTION**
  Mission: Readiness, a group of respected former military officers, released a report calling for tougher restrictions on school lunches to address the fact that 23% of American youth aren’t fit for military duty (see story at left).

### WHO Scandal Exposed

**Advisors received kickbacks from H1N1 vaccine manufacturers**

by Mike Adams, the Health Ranger

June 5, 2010

NATURAL NEWS—A stunning new report reveals that top scientists who convinced the World Health Organization (WHO) to declare H1N1 a global pandemic held close financial ties to the drug companies that profited from the sale of those vaccines. This report, published in the British Medical Journal (BMJ), exposes the hidden ties that drove WHO to declare a pandemic, resulting in billions of dollars in profits for vaccine manufacturers.

Several key advisors who urged WHO to declare a pandemic received direct financial compensation from the very same vaccine manufacturers who received a windfall of profits from the pandemic announcement. During all this, WHO refused to disclose any conflicts of interests between its top advisors and the drug companies who would financially benefit from its decisions.

All the kickbacks, in other words, were swept under the table and kept silent, and WHO somehow didn’t think it was important to let the world know that it was receiving policy advice from individuals who stood to make millions of dollars when a pandemic was declared.

### WHO credibility destroyed

The report was authored by Deborah Cohen (BMJ features editor), and Philip Carter, a journalist who works for the Bureau of Investigative Journalism in London. In their report, Cohen states, “our investigation has revealed damaging issues. If these are not addressed, H1N1 may yet claim its biggest victim — the credibility of the WHO and the trust in the global public health system.”

In response to the report, WHO secretary general Dr. Margaret Chan defended the secrecy, saying that WHO intentionally kept the financial ties a secret in order to “protect the integrity and independence of the members while doing this critical work...and also to ensure transparency.”

Dr. Chan apparently does not understand the meaning of the word “transparency.” Then again, WHO has always twisted reality in order to serve its corporate masters, the pharmaceutical giants who profit from disease. To say that they are keeping the financial ties a secret in order to “protect the integrity” of the members is like saying we’re all serving alcohol at tonight’s AA meeting in order to keep everybody off the bottle.

It just flat out makes no sense. But since when did making sense have anything to do with WHO’s decision process anyway?

Even Fiona Godlee, editor of the BMJ; had harsh words for the WHO, saying, “…its credibility has been badly damaged. WHO must act now to restore its credibility.”

CONT’D NEXT PAGE
Healing Our World » Green Foods

People were kept ignorant of natural remedies, in other words, to make sure more people died and a more urgent call for mass vaccination programs could be carried out. (A few lives never get in the way of big Pharma profits, do they?)

The criminality of the vaccine industry

The bottom line is all this is a frightening picture of just how pathetic the vaccine industry has become and how corrupt the WHO and the CDC really are. What took place here is called corruption and bribery. Kickbacks were paid, lies were told and governments were swindled out of billions of dollars. These are felony crimes being committed by our global health leaders. The real question is: Why do governments continue to allow public health organizations to be so easily corrupted by the vaccine industry? And who will stand up to this conspiracy that exploits members of the public as if they were profit-generating guinea pigs?

The next time you hear the WHO say anything, just remember: Their advisors are on the take from the drug companies, and just about anything you’re likely to hear from the World Health Organization originates with a profit motive rather than a commitment to public health.

Oh, and by the way... for the record, there has never been a single scientific study ever published showing that HNn vaccines worked. Not only was the HNn pandemic a fraud to begin with, but the medicine they claimed treated it was also based on fraud. And now we know the rest of the story of why it was all done: Kickbacks from Big Pharma, paid to advisors who told WHO to declare a pandemic.

MSG and Salt Substitutes

There has been a long standing pseudo-belief that Bragg’s Liquid Aminos contains the undesirable food additive MSG. Hippocrates Health Institute (HHI) has received occasional reports of people reacting to Bragg’s Liquid Aminos, nama shoyu, soy sauce, tamarind and others contain a similar structure to MSG, these products do not contain MSG. It’s interesting to note that the human body contains trace amounts of MSG, as does wheat, some medicinal mushrooms and a few types of fruit juice. The rare reactions felt by consumers of these products are often the result of a common soy allergy.

While HHI offers these products in its kitchen, it is best to consider these seasonings as temporary bridge from sodium chloride (table salt, sea salt, Celtic salt, etc.) to the absence of non-organic salt in the diet. Pulse powder, kelp powder and ground celery seeds are all suitable, nutritious substitutes for the aforementioned “transition foods.”

HHI has always offered — and will continue to offer — dishes without these seasonings for guests with allergies. This statement by Dr. Brian Clement of HHI comes after speaking with the Director of Bragg Health Foundation, John Westerdahl, PhD, MPH, RD.

The complementary Care Program for Cancer at Hippocrates Health Institute

October 24th–28th, 2010 • West Palm Beach, Florida

An Integrative Oncology Approach to Getting Well

by Dr. Janet Hranicky, in alliance with The American Health Institute

The 20-Hour Treatment Program: “The Power of the Mind in Getting Well” presented by world leaders in Mind/Body Medicine and Cancer includes individual and group sessions and incorporates:

- The Hranicky Integrative Psycho-Oncology Program™
- The Simonton Cancer Center’s Patient Treatment and Prevention Model
- ONdAMED® International Technologies: Leading Edge Protocols in Electro-Measure For Emotional BioFeedback Combined with Focused Therapeutic Fields

For more information, please contact HHI’s Program Consultant Office at (561) 471-8876, extension 177.

This special event is open only to registered Hippocrates Health Institute guests. Call a Program Consultant today to get signed up.

What’s the News?

The human body works on the basis of biophysics and biochemistry. Practitioners can apply the science of physics, using the noninvasive ONdAMED technology and the biofeedback loop to scan the body for underlying dysfunctions, such as inflammation, infections, scar tissue and emotional trauma residing at a cellular level. These areas often prove to be the source of disease and symptoms that might be otherwise difficult to find. Identified areas are treated with specific pulsed electro-magnetic fields to stimulate tissue and the nervous system.

MSG and Salt Substitutes

There has been a long standing pseudo-belief that Bragg’s Liquid Aminos contains the undesirable food additive MSG. Hippocrates Health Institute (HHI) has received occasional reports of people reacting to Bragg’s Liquid Aminos after consumption. The time has come to address this important issue and set the record straight.

While soy-based liquids, such as Bragg’s Liquid Aminos, nama shoyu, soy sauce, tamarind and others contain a similar structure to MSG, these products do not contain MSG. It’s interesting to note that the human body contains trace amounts of MSG, as does wheat, some medicinal mushrooms and a few types of fruit juice. The rare reactions felt by consumers of these products are more likely the result of a common soy allergy.

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green foods: grow

Field of greens

“If you plant them, they will grow.”

The John Kohler interview by Rita Robinson

You may recognize John Kohler from somewhere in cyberspace. He hosts a popular internet show about his front yard in the suburbs of Northern California. “What’s so exciting about a front yard?” you may ask. Well, John’s is edible and popular internet show about his front yard in the suburbs of Northern California. You may recognize John Kohler from somewhere in cyberspace. He hosts a to talk about his nutritional philosophy others, John offers lively lectures on greens and nutrition. We caught up with him throwing in his personal insights on nutrition and wellness gained from 15 years lush vegetable garden, complete with raised planter beds and elaborate trellises. John suggests adding more fresh, healthy meals. He also recommends growing grown fruits and vegetables to your course, depends on space. “Start with a pot. You’ll feel accomplished and it will taste better than anything in a grocery store.” Then add on. 2. Build raised garden beds and irrigate with a drip system. You can control the quality of your soil, extend the growing season, spare your back from bending over and save water and time with the drip system. (YouTube search: Spring 2010 — Putting Together A Raised Bed Kit) 3. Half wine barrels make great compact gardens. Plant them chock full with seasonal veggies. And, they look good in a driveway. Use organic compost and rock dust (for the importance of rock dust, go to remineralize.org). Add a trellis on each side and grow tomatoes, peas or cucumbers vertically; saves space and promotes abundance. 4. Match your climate to what grows indigenously and seasonally. Go to a good local garden shop (not a big box store that imports from other climates) or your farmers’ market to buy local plants and get questions answered. 5. Add copper patches to your planter boxes. Cut copper roof flashing (inexpensive) into squares and staple along the top edge of planter. Repels slugs and snails. (YouTube search: Home Garden with John Kohler 041100) 6. Plant variety and have lots of choices. Good for the taste buds and the terrain. 7. Grow as much leafy greens as possible. Kohler’s favorite: dinosaur kale, 50 plants for a family of four in half a raised bed, the other half, lettuce varieties. Pick a little from each plant to sustain the plant’s growing season. 8. Plant easy-to-grow veggies like arugula, radish greens, turnip greens, kale, collards, mint. 9. If a vegetable is cheap to buy, like carrots, buy them rather than grow them. Grow what’s most expensive to buy in the stores, like kale and collards, and heirloom varieties of carrots and tomatoes. Save $5 — natural or organic seeds are inexpensive, store-bought organic veggies are not. 10. Grow rare plants that are highly nutritious. To learn about these varieties, go to BountifulGardens.org.

Growing your own, says John, is the nirvana of being a raw foodie, the ultimate lifestyle, to which he is a full-on subscriber. Just last year, John covered his average-size front yard in Santa Rosa, Calif. with raised garden beds. Some days, he can even eat 99% raw right out of the dirt. His neighbors don’t seem to mind that he’s out picking his breakfast, lunch and dinner almost everyday, some have even asked for advice. “When you grow your own food, there’s transference of energy that changes the quality of the food,” John explains. Raw, uncooked fruits and vegetables are high in health-enhancing and energy-producing enzymes, which become impotent when exposed to heat, such as in cooking. Eating sprouts, he adds, like alfalfa, pea, broccoli, radish, sunflower, among a batch of others, provides even more enzymes. Because all of the plant’s energy is directed to the new growth, sprouts are even more power-packed to help digest food and heal unhealthy conditions. cont’d on p 48

Growing Your Greens

Here John’s Top 10 Tips on getting started as a back- or front-yard gardener. For growing greens info and then some, go to GrowingYourGreens.org. After watching John’s videos, you’ll be a self-taught expert ready to hoe.

1. Start today. And plant as much as you possibly can. Abundance, says Kohler, is key. “I like to have a lot of food available rather than eating just one leaf off the only plant growing.” Abundance, of course, depends on space. “Start with a pot. You’ll feel accomplished and it will taste better than anything in a grocery store.” Then add on.

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Getting the Gardening Bug with John Kohler

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GREEN FOODS: Growth

Sprouts
The Miracle Food
by “Sproutman” Steve Meyerowitz


Not all of us can be gardeners. But we all eat. Fact is, if you don’t grow your own, someone has to do it for you. Not a bad concept, but in reality, we’re on the losing end. A trip to the supermarket proves it. The lettuce is lifeless; the spinach is wilting and dark around the edges. You don’t dare to eat the fruit for fear of fumigants, fertilizers, pesticides and the like. As a nation, we’re eating less and less of the healthiest foods on the planet—fresh fruits and vegetables. Where are the fruits and vegetables? For the most part, you’ll find them in the canned food aisle. No wonder kids grow up never liking their vegetables! Of course, if you can find it at all. Unfortunately, we don’t all live in southern California and we don’t all have the time and means to garden.

If you garden indoors, you effectively reduce your dependence on distant sources for food, energy and technology. Don’t think the greenhouse effect is just something that exists in newspapers. Global warming, air pollution, oil spills and acid rain all damage our health as a nation and directly threaten the quality and availability of our food. Drought, flood, heat wave, freeze, increase the price of food as does the rising price of gasoline that is needed to transport it. Our system of over industrialized, long distance, imported food. Drought, flood, heat wave, freeze, increase the price of food as does the rising price of gasoline that is needed to transport it. Our system of over industrialized, long distance, imported food. Drought, flood, heat wave, freeze, increase the price of food as does the rising price of gasoline that is needed to transport it. Our system of over industrialized, long distance, imported food. 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RAW FRAUD

Is Your Favorite “Raw Health Food” Just a Junk Food in Disguise?

by John Kohler

As a society, we are taught since birth to be consumers. We’re always on the lookout for the next great product. Electronics have to be smaller and more feature-packed. Automotives have to be faster and sleeker. This carried over to the arena of health and wellness as well, with a constant barrage of new food products. Often shipped across the planet from remote locations, these “superfoods” are touted for their wondrous health benefits, which are typically hyped up as “50 times greater than this” or “80 times more concentrated than that.” The niche market of raw food products is certainly not immune to these marketing tactics. Dangerously, these products are touted as “healthy alternatives” to foods many health enthusiasts are still addicted to, such as sugar and chocolate. These are often replaced by the addictive substitutes “raw” cacao and agave syrup. Adding insult to injury, many of these foods are labeled “raw,” when they are anything but. You can bet the goal of the deceptive businesses pushing these “Raw Fraud” products is not to make your health flourish—it is to make it to your pocketbooks grow.

In 2002, the USDA started the National Organic Program. This established a legal definition of the word “organic.” If manufacturers falsely label a food “organic,” they are susceptible to fines, lawsuits or even being shut down. This isn’t the case with products labeled “raw.” There is no legal definition of the word. This means any company can use the word “raw” on their package, even if the item is not raw.

An Addiction That May “Buy” You

A very popular food today is “raw” cacao. Cacao seeds (usually called cacao beans) are from the fruit of cacao trees. Chocolate is made from these seeds. The marketing idea behind “raw” cacao powder or nibs seems to be that health conscious, albeit caffeine-starved, people can still get their chocolate fix without the refined sugar (by using “raw” agave nectar or other sweeteners) and dairy and processing inherent to most chocolate bars and candies. Controversy—shock the cacao trees when it became known that most cacao products labeled as “raw” were actually cooked. During the processing that all cacao must undergo to make it palatable, it is often heated to the point of being considered “cooked.” Recently, one company came forward, ostensibly, to set the record straight. They admitted all the cacao products they’d sold up to this point were not really raw, then went on to claim they now manufactured the only truly raw cacao products. Raw or not, cacao is more junk food than health food.

All chocolate is notorious for containing foreign matter such as rodent feces and insect parts. As quoted from Poison with a Capital C, “every time you eat a chocolate bar, it may contain a rodent hair and 16 insect parts and still carry the blessing of the FDA,” for chocolate powder or cakes there must not be more than 75 insect fragments in three tablespoons of powder. Four percent of cacao beans may be infested by insects. Animal excreta (such as visible rat droppings) must not exceed 10 milligrams per pound. Considering its addictive properties and its propensity for nasty foreign “ingredients,” it is best to steer clear of this Raw Fraud food.

A Not-So-Sweet Invention

“Raw” agave nectar (also known as agave syrup) is a sweetener that’s making its way into the mainstream. Consumers can even find agave nectar in large jars in the big box stores. Marketers of agave nectar make two principal claims, “agave nectar is raw” and “agave nectar is a safe alternative sweetener for diabetics.”

First off, most agave nectar is not raw. It is heated well above 118°F during processing. This excerpt from FoodProcessing.com outlines how agave is processed: “Agave plants are crushed, and the sap collected into tanks. The sap is then heated to about 140°F for about 36 hours only to concentrate the liquid into a syrup, but to develop the sweetness. The main carbohydrates in the agave sap are complex forms of fructose called fructosans, one of which is inulin, a straight-chain fructose polymer about eight to ten fructose sugar units long. In this state, the sap is not very sweet. When the agave sap is heated, the complex fructosans are hydrolyzed, or broken into their constituent fructose units. The fructose-rich solution is then filtered to obtain the desired products that range from dark syrup with a characteristic vanilla aroma, to a light amber liquid with more neutral characteristics.”

Agave nectar is not a safe alternative sweetener for diabetics. Most agave nectar has a higher fructose content than any commercial sweetener. While the syrup has a minimum fructose content of 55% (depending on the source and processing method), most of the agave nectar on the market averages 70–97% fructose (depending on the brand). You read it right—most agave syrup has a far higher fructose content than high fructose corn syrup (which averages 55%). Agave does have a low glycemic index, but of greater concern to diabetics is the fact that fructose radically increases insulin resistance. While it’s normal for insulin levels to temporarily rise, insulin resistance causes levels to remain elevated. Simply put, agave nectar could be more threatening to diabetics than high fructose corn syrup. Diabetic or not, people would do better to use sweeteners such as pure glucose (dextrose) or stevia leaf (not processed stevia-based sweeteners like Truvia and Purevia).

This Law is Nuts

Raw Fraud isn’t limited to junk food. “Raw” almonds from California, available at most health food stores and many grocers in the bulk food section, have actually been pasteurized. California state law went into effect September 1, 2001, stating that all almonds from California must be pasteurized. According to the FDA, they can still be labeled raw. This is fraud, plain and simple. If the almond industry can legally label almonds “raw” after steaming them—or even after treating them with propylene oxide (formerly used for racing fuel and still used as a military explosive) as is the case with non-organic almonds—then imagine the deception surrounding other “raw” foods that are not in whole state that food. “Raw” cashews are another Raw Fraud nut. They have to be steamed to remove the shells but are still labeled as raw. To the industry, if nuts aren’t roasted, they’re raw. As stated, there are no laws or guidelines that companies must follow, so they invent their own.

Raw Junk Food

Raw foodists may think they can take from the reach of slick advertising since they no longer eat fast food, microwave dinners and candy bars. The truth is, modern marketing wizards are pulling one of the slickest advertising maneuvers to date. They are taking the world’s conventional junk foods and creating their raw food counterparts, producing “Raw Junk Food.” Two examples: from cooked chocolate to “raw” cacao; from white (bleached) sugar to “raw” agave nectar. As someone who eats raw, living foods, you may think, “Wow! I can eat raw cacao and raw agave syrup, because they are ‘raw.’ ” Well, you can…but just because you think they are not cooked does not mean they are healthy. The goal of any company selling a product is to sell as much as they can, and the ones selling cacao and agave are making a killing because these foods so over-whet their primal cravings. If you aren’t getting your food fresh off the plant it was grown on (as is the case with home grown or locally grown), it has likely undergone some form of processing. The food processors is to extend shelf life—which extends their profits. They process the food, turning it into “products” with “shelf lives,” that can sit in “inventory” indefinitely. If the food spoils, they lose their profits. Steer clear of this raw junk food and eat at some fresh fruits and vegetables, which are always healthier than any packaged product.
alnourishment is notorious for manifesting everything from scurvy to pellagra, but it can cause even greater damage. There have long been many reports from renowned universities and government organizations stating: “Malnutrition is a major cause of catastrophic diseases such as cancer and lifestyle-related concerns like cardiovascular and diabetic disorders.”

Couple the pressures of modern living with the addictive qualities of staple “comfort foods”—sweet, caffeine-drinks and heavily processed foods loaded with sugar and animal fats — and it is no wonder so many are hooked on the standard Western diet. Considering the toxic burden of such poor food choices, it is also no wonder our bodies are on the way to ruin.

Even the now-abundant “nutrition stores” are purveyors of countless pseudo health foods. (see this issue’s Raw Fraud article on page 22 for specific examples). These products are based more on slick marketing than health-building nourishment. Food industry executives prey on prevail- ing addictions to fats and sugars by changing the names of these familiar substances on the ingredient lists of their product offerings. There seem to be endless ways to profit from this sort of trickery. The consumers of these products are “scratching an old itch” without even knowing it. They feel justified to indulge in these items because they are “organic,” “raw” or “natural.” These buzzwords seem to be green lights for the subconscious. If people are truly honest with themselves they will realize something that many people are truly honest with themselves, they will realize something that they hear, “Cooking makes it easier to digest. More nutrients are created by heating. Blending makes it more digestible.” These misguided notions obfuscate the physics that govern nutrition and have no bearing on reality. Every creature on earth except humans—and the animals we have domesticated and displaced—naturally eats a 100% raw food diet. For more than half a century, here at Hippocrates Health Institute we have placed hundreds of thousands of people on a raw living food program. We have conducted clinical research on the health of our guests and life-long follow-ups on their progress.

From decades of studies, we have scientifically validated and reconf-irmed the power of consuming raw plant food. More often than not, disease is prevented and eliminated and premature aging halted through our signature Life Change Program, largely due to the raw, plant-based diet we prescribe. There is an ever-increasing body of biological evidence supporting and confirming what we have discovered in our human clinical trials.

There are those who prefer to leave this proven reality for a fantasy world based upon half-baked food notions. This tendency to withdraw from truth is based chiefly on addiction and self-loathing. Through the internationally renowned work conducted at Hippocrates and decades of experience, it has become clear to me that the underlying cause for less-than-desirable food choices is lack of self-respect. Of course, this can easily be blamed upon the pervasive adver- tising of processed food or the ethnic ties you have to familiar fare or even the so-called norms of fast food consumption. At the end of the day, the question you are faced with is that of how much you like yourself. Obesity, anorexia, bulimia and purging often morph into diabetes, cardiovascular disease and cancer. These are all symptoms of the suffering of a lost humanity lacking virtue or respect.

The three most nourishing varieties of food on the planet are all green foods.

The most nourishing food on land is leafy sprouts. The most nourishing food from fresh water is algae. The most nourishing food from the sea, of course, is sea vegetables.

Sprouts: buckwheat, fava bean greens, peas, sunflower, sweet potato greens, wheatgrass, etc.

Algae: blue-green, chlorella

Sea vegetables: arame, dulse, hijiki, nori, Pacific or Atlantic kelp, etc.
Some dark leafy greens have stronger flavors and rougher textures than the typical lettuce most people eat. There are different ways to work around this. One simple way is to add a little bit of dark leafy greens to your green juice, which actually lowers the cost of making your green juice and provides great health benefits.

Another thing we love to do at Hippocrates is to use the baby version of dark leafy greens such as baby dandelion or baby kale. In this case, the younger plant has a much softer texture and milder flavor. Also, when we use something like kale or chard, we will cut them into thin strips, the thinner the better. This is known as chiffonade. Sometimes we also remove the center rib which is very hard.

To ensure even softer texture, you can massage the dressing into the greens—a deep tissue massage with love and hard squeeze. You can let this marinate for an hour or so. Wait until after the “massage” to add other ingredients so they don’t get crushed. These dark leafy greens are heartier and can be grown in the cooler months, so we’ve included a few recipes for the fall or anytime of year.

**Lacinato Kale Ribbons**

**Yield:** 6 cups

- **5 c. Chiffonade Lacinato Kale**
- **1 c. Raw Pitted Olives of your choice**
- **Approx. 1 c. Hippocrates House Dressing**

1. Massage the dressing into the kale a little bit at a time to desired taste.
2. Add other ingredients as you like and enjoy!

**Hippocrates House Dressing**

**Yield:** 1.5 cups

- **1 c. High Quality Plant Oil***
- **2 cloves garlic**
- **2 tsp. ground mustard seed**
- **2 1/4 tsp. fresh lemon juice**
- **2 1/2 tsp. Braggs Aminos or Nama Shoyu**
- **1/4 tsp. cayenne**
- **2 tsp. water**

1. In a blender, combine all ingredients except oil.
2. Blend well while slowly adding oil.

*Use one or a blend of extra virgin olive oil, flax oil, raw sesame oil, raw pumpkin seed oil and/or hemp seed oil.

**Bok Choy with Mushrooms**

**Yield:** 2 servings

- **3 c. Baby Bok Choy (cut the green part in inch-wide strips and the white part in thinner strips)**
- **1/2 c. Shiitake Mushroom Caps, sliced**
- **1/2 c. Crimini Mushrooms, sliced**

1. Mix the bok choy with onions, peppers and mushrooms and then add the dressing as little as needed on greens.
2. Add Braggs Aminos or Nama Shoyu if desired and enjoy!

**Sesame Ginger Dressing**

**Yield:** 2 lemon juice

- **1/4 c. Fresh lemon juice**
- **1/2 inch fresh ginger root**
- **1/4 c. Raw sesame oil or extra virgin olive oil**
- **1 large garlic clove**
- **1 T. kelp powder**
- **1 pinch cayenne**

Place in a blender and blend on high until well blended.

*See page 50 for Chef Ken’s Fall Recipes*

**Dark Leafy Greens at a glance**

**Common Varieties**

- Arugula
- Bok Choy
- Collards
- Dandelion
- Kale
- Mustard Greens
- Spinach
- Chard
- Turnip Greens
- Spinach
- Kale

**Nutrition:**

Dark Leafy Greens are a rich source of minerals, especially iron, calcium, potassium and magnesium. Potassium is good for blood pressure and a healthy heart. Magnesium is good for regulating blood sugar. The high level of magnesium and low-glycemic index makes dark leafy greens an ideal choice for people with type 2 diabetes.

The vitamins we receive from dark leafy greens are A, C, E, many Bs and K.

Dark leafy greens (one cup) provide nine times the minimum recommended intake of Vitamin K, which regulates blood clotting, protects bones, reduces calcium buildup, regulates inflammation and may even help prevent diabetes. Vitamin K produces something called osteocalcin which is a protein that is essential for bone health.

Then there are phytomutrients like beta carotene, lutein, zeaxanthin and small amounts of Omega 3s. Lutein and zeaxanthin help protect cells and eyes from the damage of free radicals and aging. There are also bioflavonoids like quercetin in dark leafy greens.

Quercetin blocks substances involved in allergies and inhibits mast cell secretion. Dark leafy greens also have folate, which helps to repair DNA damage, and fiber which helps to support proper absorption of all these nutrients.

Dark leafy greens are also good for cancer prevention, anti-aging and bone strength.
The First Living Food Restaurant in Québec

Interview with founders Mathieu Gallant and David Côté by Monica Péloquin

Crudessence is throwing out the old rumor that healthy food has to be unappealing and unappetizing. Our strength lies in our ability to create cakes, pies, lasagnas, sandwiches and drinks that are so scrumptious that people can’t believe they are made with only fruits, vegetables and nuts. We lure them in by their “pupils,” and they ultimately discover a healthier path and begin to take our classes. Being served a tasty, well-presented meal by a healthy, smiling person who exudes a certain je ne sais quoi tempts guests from all walks of life to discover our secret. In this way, every person who comes in contact with Crudessence becomes an ambassador of great health.

Monica Péloquin (MP): Where did the idea for Crudessence come from?

Crudessence (C): Crudessence was born out of a desire to express our passion for life. The idea came more from inspiration than pure planning. We dreamed of starting an eco-responsible business with a catering service in organic living nutrition. Almost overnight, our vision became a reality. We are now in the process of opening our second restaurant and further developing our culinary academy in addition to our kombucha brewery and thriving catering business. Our company has more than 50 employees who are as committed as we are to sharing their joy for raw food live nutrition.

MP: What is your mission?

C: The mission of Crudessence is to offer products and services to help each individual to attain their potential. Just like the Hippocrates Health Institute, our fundamental “tools” are high quality raw living foods and related services. Green juices, sprouts, shoots, sprouted grains, nuts, vegetables and fresh fruit are at the heart of our cuisine, one that nourishes the palate but also detoxifies and helps the body regenerate rapidly.

MP: I see that you also offer a variety of sweet confections.

C: Since our mission is to offer accessible living food nutrition, we want to make our foods as appealing as possible. The world of flavors, attractive presentations and pastries all have their place at Crudessence. Take for example our raw lime pie (pictured at top right). Our desserts help break the stereotype and reticence associated with raw food nutrition, often seen as being too hippie. These tantalizing indulgences offer a positive experience and thus the idea of eating healthy becomes a more accessible possibility.

MP: What is the role of your academy?

C: The academy is our educational vehicle to help integrate living foods nutrition on a daily basis. We educate not only on the art of raw food cuisine and the science of health, but also on the associated lifestyle. Taking care of our health involves a lot more than what’s on our plate; it’s about building integrated positive lifestyle habits. Living foods nutrition, therefore, becomes a perfect avenue to help take care of ourselves as well as the environment, community and local economy. This is reflected in our intensive one-day and basic courses on smoothies, raw desserts, germination, fermentation, salad making, dehydrating and more. All of our classes are designed to rediscover the pleasure of “uncooking” and the exquisite joys of living foods cuisine.

Come visit us in Montreal to discover this joy for yourself.

Crudessence restaurants:
- 105 Rachel West
- 2157 Mackay

Crudessence juice bar:
- 1584 Laurier Street

Our website www.crudessence.com provides information about our catering services and our lunch boxes.
Happy viewing and bon appétit!
FIVE MAJOR POISONS INHERENTLY FOUND IN ANIMAL FOODS

by John A. McDougall, M.D.

Protein, fat, cholesterol, methionine (a sulfur-containing amino acid) and dietary acids, which are all superabundant in animal foods, are poisoning nearly everyone following the standard Western diet. Most people cannot fathom this because it takes four or more decades of consumption before disability, disfigurement and death become common from these endogenous toxins. This long latent period for the public into thinking there is no harm done by choosing an animal-food-based diet. If the case were one of instantaneous feedback—one plate of fried eggs caused exacerbating chest pains, a bottle or two of gin caused hepatic failure to take long overdue actions.

Each industry tries to make its merchandise stand apart from other foods by promoting a nutrient that is especially plentiful in its product. Because these highly sensationalized nutrients are always plentiful in basic plant foods, illnesses from deficiencies of these nutrients are essentially unknown, as long as there is enough food to eat. Thus, there are no real nutritional advantages to choosing red meat, poultry, dairy and egg products with an especially high density of one particular nutrient. Ironically, milk and cheese are iron deficient, and red meat, poultry and eggs (unless you eat the shells) contain almost no calcium.

Focusing on the abundance of an individual nutrient accomplishes an even more insidious marketing goal; it diverts the consumer’s, and oftentimes the professional dietician’s, attention away from the harmful impact on the human body of consuming all kinds of animal foods. In my 42 years of providing medical care, I have never seen a patient sicknessed by eating potatoes, sweet potatoes, corn, rice, beans, fruits and/or vegetables (unspoiled and uncontaminated). However, during my everyday practice I have witnessed (just like every other practicing medical doctor) a wide diversity of diseases, including heart attacks, strokes, type-2 diabetes, arthritis, osteoporosis and cancer from eating freshly killed and/or collected, as well as processed and/or preserved, animal-derived foods.

A Simplied View of Animal-food Poisoning

Animal foods—be they from cow, pig or chicken muses, or the ovum of a bird or the lactation fluids of a mammal—are all so similar in their nutritional makeup and their impact on human health that they should be considered as the same (see the comparison tables at the end of this article, page 57). In order to avoid the confusion created by the marketing strategy of “unique positioning,” let’s look at different kinds of animal products mixed together to make one food, and compare them to their antagonists, starches.

If I were to blend together red meat, chicken, eggs and cheese, which most Americans do three or more times a day in their stomachs, the end product would be a highly acidic mixture of mostly protein, fat and water—each individual food having contributed a similar amount of each component. A blend of various starches—beans, rice, potatoes and sweet potatoes—would produce an opposite in composition.

Protein Overload

Once your protein needs are met then the excess must be eliminated from your body, primarily by your liver and kidneys. You can notice an overload of protein by the strong smell of urea in your body sweat and urine. The work of eliminating excess protein takes a toll even on healthy people. On average, 25% of kidney function is lost over a lifetime (50 years) from consuming the high animal-protein Western diet. 10

For people with already damaged livers and kidneys, consuming excess protein will speed up the processes that lead to complete organ failure. 11 Excess protein damages the bones. Doubling the dietary intake of protein increases the loss of calcium into the urine by 90%, fostering the development of osteoporosis and kidney stones. 12

Liptoxicity (Fat Overload)

The most recent report (for 2007 to 2008) on the epidemic of obesity in the U.S. finds 35.8% of adults obese with 68.0% of all adults overweight. 13 Dietary fats are almost effortlessly stored in your body fat. 14 When consumed in excess, dietary fats also result in a surplus of fats stored in your liver, heart and muscles. From all this over-accumulation, insulin resistance develops, contributing to other health problems, including heart disease, strokes and type-2 diabetes. 15

Cholesterol Overload

Cholesterol is only found in animal products. As an animal, you make all the cholesterol you need. Unfortunately, your capacity to eliminate it is limited to a little more than the amount you make. As a result, the cholesterol added by eating animal foods accumulates in your body parts, including your skin, tendons and arteries. Cholesterol deposited in your arteries is a major contributor to vascular diseases of your heart and brain. 16 Cholesterol also facilitates cancer development. 17

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A Comparison of a Blend of Animals vs Starches

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Cont’d on p. 53
Chlorophyll is a green pigment found in all plants, algae and cyanobacteria (blue-green algae). Vital for photosynthesis, chlorophyll allows plants to obtain energy from light by converting the sun’s rays into chemical energy. Since all life on earth—with the exception of some bacteria—is supported by the sun, photosynthesis is a fundamental and essential process.

In addition to its critical role in photosynthesis, chlorophyll is also a great indicator of the health attributes of foods. The deeper the green color of a plant food, the richer the food is in chlorophyll and the more abundant the food is in chlorophyll-rich foods. Studies indicated that feeding chlorophyll-rich foods to rats triggered the regeneration of red blood cells. Researchers demonstrated that this effect was not due to the iron or copper in the green foods. Dr. Arthur Patek conducted a study in which fifteen patients with iron-deficiency anemia were fed different amounts of chlorophyll along with iron. Iron alone had already been shown to reverse this condition, but Patek demonstrated that when chlorophyll and iron were given together, the number of red blood cells and the level of blood hemoglobin increased faster than with iron alone. As stated by Dr. Patek, “this study may serve to encourage the use of a diet ample in greens and protein foods, for it must be that over a long space of time favorably nutritious elements are absorbed which aid the blood reserve and which furnish building stones for the heme pigments necessary to the formation of hemoglobin.”

While the complex physiological processes involved in generating blood aren’t completely understood, the parts of the process relating to nutrition are well defined. Essential nutrients for the maintenance of healthy blood include iron, copper, calcium, and vitamins C, B-12, K, A, folic acid, and pyridoxine, among others. Many of these blood-building components are found in chlorophyll-rich foods such as cereal grains (wheat, oats, barley, etc.) and dark green vegetables. **CONT’D ON P. 56**
Go green, be green, eat green, live green, drink green. Clearly, we are in the midst of an unprecedented planetary trend. For many this is a groundbreaking idea, but at its core “green” means living simply and naturally. “Green” encompasses all of planet Earth’s true superfoods: on the ground in the form of vegetation, in the oceans in the form of sea vegetables and in fresh water in the form of algae. These foods help us reconnect to Earth, listen to nature’s wisdom, and allow our bodies to heal. Feel free to watch the movie “Avatar” again for this simple and powerful message. It’s time to become healthy again by tapping into the basic yet profound awareness of our instincts.

This nutritional tragedy is compounded by the fact that most green foods are complete foods, and they produce the body’s most vital fuel, oxygen,. The first thing your body needs to live, before food and water, is oxygen,. Let’s face it, the only people that really focus on breath these days, unless you’re into yoga, tai chi, or meditation, are smokers,. What exactly are you doing when you smoke? You’re breathing deeply. I am not encouraging smoking; however, I am encouraging breathing. Try it without the “stick.” Walk away from your job, your people, etc., go somewhere, by yourself, and spend five minutes breathing deeply. You’ll be amazed at how much calmer you feel after doing this.

Let’s review how wheatgrass and greens came to light. Ann Wigmore founded the first Hippocrates in Boston approximately 50 years ago. She actually healed her health issues by chewing, and chewing, and chewing on lawn grass. Lawn grass...not wheatgrass. She was chewing on it and eating it. And Ann was still sick for many weeks, but stayed with it until she eventually started feeling better. This journey began by observing animals chew on grass. She was also influenced to experiment with grasses because of the following statement that was made to her as a child: “Instinct guided creatures, left to themselves, do not make mistakes.” Most of us chewed on grass or weeds as children, when it was around. Why then, and not now? Did we, as children, do not make mistakes? Most cows chewed on grass or weeds as children, when it was around. Why then, and not now? Did we, as children, understand more about our vital connection to the Earth? Yes! Unfortunately, most of us have since lost sight of our instincts.

Ann learned that grasses are not only one of the most complete foods on the planet, but that they also possess healing properties. Of all the grasses, wheatgrass emerged triumphantly because of its sweeter, more palatable taste. Her cat chose it. Ann also learned that chlorophyll (the Mother of every green food) can increase hemoglobin (blood) quality, which means more efficient distribution of oxygen to every cell in our bodies.

Oxygen content on the planet in the 21st century has decreased. 200 years ago, there was a much higher concentration of oxygen in the air. The most oxygen out there these days, if you live in a lush, green area, is around 20%. However, in downtown major cities it is much lower. Does anyone remember “smog alerts?” I do, but not since 1990, when they stopped telling people what is really going on out there. Fact: Oxygen in the cells means less chance for cancer or even a virus, to survive. From greens we get chlorophyll, which increases hemoglobin and thus creates more oxygen in our cells.

Consuming greens, fresh wheatgrass juice, green sprouts, and green juices, allows your body to take care of itself. In addition, we can support internal cleansing through alkalizing, detoxifying, carrying life to the cells with oxygen, nutrients and life. Fresh wheatgrass juice alone can help replace many of your morning time supplements. The foundation of your diet and your life should be greens.

Water can increase oxygen, but there is at least one non-technological water “therapy” that we can easily employ, given we live in the right location: visit the ocean (a great source of oxygen, of course), and swim in vital bodies of unpolluted water that teem with a wide variety of life—fish, crustaceans, turtles, etc. —which signal that the water is an oxygen rich system.

There are many therapies involving oxygen and water, but there is at least one non-technological water “therapy” that we can easily employ, given we live in the right location: visit the ocean (a great source of oxygen, of course), and swim in vital bodies of unpolluted water that teem with a wide variety of life—fish, crustaceans, turtles, etc. —which signal that the water is an oxygen rich system.

Consuming fresh living greens keeps us in touch with the vibrational force that begins with the sun’s energy radiating to Earth giving life to greens. Be conscious of your choices and understand that food is a crucial choice.

Get the Earth back in your life. Your cells crave clean oxygen. Get back in touch with the planet by growing your own greens: be it a garden, sprouts in your kitchen, or wheatgrass trays in your city apartment. It starts with you.

“A special “thank you” to Sadie!”

For details on growing your own greens and sprouts, please visit the Hippocrates website or your own personal website at www.wheatgrassgreenhouse.com.

You may also email me with any questions or comments at michael@hippocretestinst.org.

A special “thank you” to Sadie.
Genetically Modified Soy Linked to Sterility and Infant Mortality
by Jeffrey M. Smith

April 20, 2010

This study was just routine,” said Russian biologist Alexey V. Surov, in what could end up as the understatement of this century and his colleagues set out to discover if Monsanto’s genetically modified (GM) soy, grown on 91% of U.S. soybean fields, leads to problems in growth or reproduction. What he discovered may uproot a multi-billion dollar industry.

After feeding hamsters for two years over three generations, those on the GM diet, and especially the group on the maximum GM soy diet, showed devastating results. By the third generation, most GM-soy-fed hamsters lost the ability to have babies. They also suffered slower growth, and a high mortality rate among the pups.

At the time of this writing, the study, jointly conducted by Surov’s Institute of Ecology and Evolution of the Russian Academy of Sciences and the National Association for Gene Ecology, has yet to be published. But Surov sketched out the basic set up for me in an email.

He used Campbell hamsters, with a fast reproduction rate, divided into four groups. All were fed a normal diet, but one was without any soy, another had non-GM soy, a third used GM soy, and a fourth contained higher amounts of GM soy. They used 5 pairs of hamsters per group, each of which produced 7–8 litters, totaling 40 animals.

Surov told The Voice of Russia, “Original-ly everything went smoothly. However, we noticed quite a serious effect when we selected new pairs from their cubs and continued to feed them as before. These pairs’ growth rate was slower and they reached their sexual maturity slowly.”

He selected new pairs from each group, which generated another 59 litters. There were 52 pups born to the control group and 78 to the non-GM soy group. In the GM soy group, however, only 40 pups were born. And of those, 35% died. This was a five-fold higher death rate than the 5% seen among the controls. Of the hamsters that ate high GM soy content, only a single female hamster gave birth. She had 16 pups, about 20% died.

Surov said, “The low numbers in F2 [third generation] showed that many animals were sterile.”

The published paper also includes measurements of organ size for the third generation animals, including testes, spleen, uterus, etc. If the team can raise sufficient funds, they will also analyze hormone levels in collected blood samples.

Hair Growing in the Mouth

Earlier this year, Surov coauthored a paper in Doklady Biological Sciences showing that in rare instances, hair grows inside recessed pouches in the mouths of hamsters.

“Some of these pouches contained single hairs; others, thick bundles of colorless or pigmented hairs reaching as high as the chewing surface of the teeth. Sometimes, the tooth row was surrounded with a regular brush of hair bundles on both sides. The hairs grew vertically and had sharp ends, often covered with lumps of mucous.”

At the conclusion of the study, the authors surmise that such an astounding defect may be due to the diet of hamsters raised in the laboratory. They write, “This pathology may be exacerbated by elements of the food that are absent in natural food, such as genetically modified (GM) ingredients (GM soybean or maize meal) or contaminants (pesticides, mycotoxins, heavy metals, etc.).” Indeed, the number of hairy mouthed hamsters was much higher among the third generation of GM soy-fed animals than anywhere Surov had seen before.

Preliminary, but Ominous

Surov warns against jumping to early conclusions. He said, “It is quite possible that the genetically modified organism (GMO) does not cause these effects by itself.” Surov wants to make the analysis of the feed components a priority, to discover just what is causing the effect and how.

In addition to the GMSOs, it could be contaminants, he said, or higher herbicide residues, such as Roundup. There is in fact much higher levels of Roundup on these beans, they’re called “Roundup Ready.”

Bacterial genes are forced into their DNA so that the plants can tolerate Monsanto’s Roundup herbicide. Therefore, GM soy always carries the double threat of higher herbicide content, coupled with any side effects of genetic engineering.

Years of Reproductive Disorders from GMO-Feed

Surov’s hamsters are just the latest animals to suffer from reproductive disorders after consuming GMOS. In 2005, Irina Ermakova, also with the Russian National Academy of Sciences, reported that more than half the babies from mother rats fed GM soy died within three weeks. This was also five times higher than the 10% death rate of the non-GM soy group. The babies in the GM group were also smaller and could not reproduce. In a telling coincidence, after Ermakova’s feeding trials, her laboratory started feeding all the rats in the facility a commercial rat chow using GM soy. Within two months, the infant mortality facility-wide reached 95%.

When Ermakova fed rats GM soy, their testicles changed from the normal pink to dark blue! Italian scientists similarly found changes in mice tests, including damaged young sperm cells. Furthermore, the DNA of embryos from parent mice fed GM soy functioned differently.

An Austrian government study published in November 2008 showed that the more GM corn was fed to mice, the fewer babies they had, and the smaller the babies were.

CentRAL Iowa Farmer Jerry Rosman also had trouble with pigs and cows becoming sterile. Some of his pigs even had false pregnancies or gave birth to bags of water. After months of investigations and testing, he finally traced the problem to GM corn feed.

Every time a newspaper, magazine, or TV show reported Jerry’s problems, he would receive calls from more farmers complaining of livestock sterility on their farm, linked to GM corn.

Researchers at Baylor College of Medicine accidentally discovered that rats raised on corn cob bedding “neither breed nor exhibit reproductive behavior.” Tests on the corn material revealed two compounds that stopped the sexual cycle in females “at concentrations approximately two-hundred-fold lower than classical phytoestrogens.” One compound also curtailed male sexual behavior and both substances contributed to the growth of breast and prostate cancer cell cultures. Researchers found that the amount of the substances varied with GM corn varieties. The crushed corn cob used at Baylor was likely shipped from central Iowa, near the farm of Jerry Rosman and others complaining of sterile livestock.

In Haryana, India, a team of investigators reported that buffalo consuming GM cottonseed suffered from infertility, as well as frequent abortions, premature deliveries, and prolapsed uteruses. Many adult and young buf- falo have also died mysteriously.

Denial, Attack and Canceled Follow-up

Scientists who discover adverse findings from GMOs are regularly attacked, ridiculed, denied funding, and even fired. When Ermakova reported the high infant mortality among GM soy fed offspring, for example, she appealed to the scientific community to repeat and verify her preliminary results. She also sought additional funds to analyze preserved organs. Instead, she was attacked and vilified. Samples were stolen from her lab, papers were burnt on her desk, and she said that her boss, under pressure from his boss, told her to stop doing any GMO research. No one has yet repeated Ermakova’s simple, inexpensive studies.

In an attempt to offer her sympathy, one of her colleagues suggested that maybe the GM soy will solve the over population problem!

Surov reports that so far he has not been under any pressure.

Opting Out of the Massive GMO Feeding Experiment

Without detailed tests, no one can pinpoint exactly what is causing the reproductive travesties in Russian hamsters and rats, Italian and Austrian mice, and livestock in India and America. And we can only speculate about the relationship between the introduction of genetically modified foods in 1996, and the corresponding upsurge in low birth weight babies, infertility, and other problems among the U.S. population.

But many scientists, physicians, and concerned citizens don’t think that the public should remain the lab animals for the biotech industry’s massive uncontrolled experiment.

Alexey Surov says, “We have no right to use GMOS until we understand the possible adverse effects, not only to ourselves but to future generations as well. We definitely need fully detailed studies to clarify this. Any type of contamination has to be tested before we consume it, and GMO is just one of them.”

To learn more about the health dangers of GMOS, and what you can do to help end the genetic engineering of our food supply, visit www.ResponsibleTechnology.org

To learn how to choose healthier non-GMO brands, visit www.NonGMOShoppingGuide.com

HEAL YOURSELF, HEAL THE PLANET

Help us reclaim a food supply free of genetic modification.

www.nongmojackson.org

To the left are two Russian hamsters. One has a normal pink mouth, the other a dark blue mouth. The pink one is comforted by her colleague while the blue one is dead, surrounded by water and fetal material.
It’s important to be thrifty and save. But a truly fulfilling life requires more than
just buying and living frugally. When we were on the island, I've learned a great deal about
animals’ inherent moral status and the inappropriateness of using them for food.

In the years since our time on the island, I’ve learned a great deal about
how animals are treated in modern factory farms, and what I’ve learned has changed me yet again. I won’t de-
scribe it in gory detail, because you’ve probably seen pictures or heard stories of
how bad it is — of the concentration camp conditions these animals are forced to endure. But I will tell you that
in reality it’s every bit as bad — or worse than — you’ve heard.

All of the animals involved in mod-
earn — cattle, pigs, chickens, turkeys, and so forth — are
kept in conditions that violate their
essential nature, that frustrate even their most basic needs, that cause them
incomprehensible suffering. You don’t have
to be a vegetarian, nor even a
particularly compassionate person, to
be disgusted by the level of cruelty that
takes place every day in modern meat
production. Julia Child, the famous
chef, author, and TV personality, used
to dismiss vegetarians as sappy. But
when, late in her life, I took her to visit
a real production facility, she was
horrified by what she saw. “I had no
idea it was so severe,” she told me.

All this leaves me with a question
that I think we need, as a society, to
ask: How is it that we call some ani-
mals “pets,” lavish our love on these an-
imals and get so much in return — and
yet then we turn around and call other animals “dinner” and feel justified, by
virtue of this semantic distinction, in
treating these animals with any level of
 cruelty so long as it lowers the price
per pound?

The cruelties inherent in modern
meat production are so intense that it’s
hard to eat these products and honor
compassion at the same time. If you
eat any kind of meat, you might want
to change our light bulbs while never ask-
ing us to change our diets. Seeing this omission, I’ve realized how deeply we
are conditioned to think of meat eating as the reward for affluence and how
difficult it can be to question it. Meat eating has held such a central place in
the old good life that it can just slip by, unquestioned.

But question it we must if we are
going to take seriously our responsi-
bility to the planet. Cattle are no-
rious for producing methane, which is
one of the four primary greenhouse
gases. You may find it difficult to take
cow burps and flatulence seriously, but
livestock emissions are no joke. Methane comes from both ends of the cow in
such enormous quantities that scientists seriously view it as one of the
greatest threats to our earth’s climate.

And there’s more. The FAO report
states that livestock production gener-
ates 65 percent of the nitrous oxide (another extremely potent greenhouse
gas) produced by human activities. The FAO concludes that overall, livestock
production is responsible for 18 percent of greenhouse gas emissions, a bigger
share than all the SUVs, cars, trucks,
buses, trains, ships and planes in the
world combined.

Similarly, a 2009 report published in
Scientific American remarked that
“producing the meat from a typical
steak has a surprising environmental cost: it releases prodigious amounts of heat-trapping
greenhouse gases.” The greenhouse gas
emissions from producing a pound of
beef, the study found, are fifty-eight
times greater than those from produc-
ing a pound of potatoes.

Some people thought the Live Earth
concert handbook was exaggerating
when it stated that, “Refusing meat is
the single most effective thing you can
do to reduce your carbon footprint,”
but it wasn’t. This is literally true. Even
Environmental Defense, a group that
insisted George W. Bush’s favorite
environmental group for its less-
than-radical stands, calculates that if
every meat eater in the United States
swapped just one meal of chicken per
week for a vegetarian meal, the carbon
savings would be equivalent to taking
taking half a million cars off the road.

People have begun comparing eating
little or no animal products with driv-
ing a Prius (“Vegetarian is the new
Prius”) and likewise compared eating
meat with driving a Hummer. But this
comparison, as striking as it is, actually
understates the amount of greenhouse
gases that stem from meat. In 2006, a
University of Chicago study found that
a vegan diet is far more effective than
driving a hybrid car in reducing our
carbon footprint. Scientists who have
done the calculations say that a Prius
driver who consumes a meat-based
diet actually contributes more to global
warming than a Hummer driver who
eats low on the food chain.

Then, in late 2009, Worldwatch
Institute published a seminal report
that took things further. The thought-
ful and meticulously thorough study,
written by World Bank agricultural
scientist Robert Goodland, who spent
twenty-three years as the Bank’s
lead environmental adviser, and Jeff
Anhang, an environmental specialist
for the Bank, came to the conclusion
that animals raised for food account
for more than half of all human-caused
greenhouse gas emissions. Instead of animals, the authors state,
would be by far the most effective
strategy to reverse climate change,
because it “would have far more rapid
effects on greenhouse gas emissions and their atmospheric
concentrations — and thus on the rate
that the climate is warming — than
actions to replace fossil fuels with
toxicless energy.”

I often see very well-intentioned
people going to all sorts of lengths to
live a greener lifestyle. It’s sadly ironic
that they sometimes ignore what
would be the single most effective thing they
could be doing.

cont’d on p. 54
Algae saved our planet by transforming our atmosphere to oxygen, allowing life to exist. Algae saved us again by providing the Earth’s first food.

Might algae save our planet yet again?

April 14, 2010

Early Earth supported neither living creatures nor food. About 3.7 billion years ago, no life existed because the Earth’s surface was too hot and there was no oxygen. The Earth’s atmosphere was composed of a blanket of deadly and heat trapping carbon dioxide and methane gas.

Fiend records show that a tiny plant emerged in the primordial soup and did an extraordinary thing. The plant absorbed the Sun’s energy and used it in a chemical reaction, photosynthesis, to split a CO2 and a water molecule. The tiny plant converted the carbon atom into a high-energy green plant bond, a hydrocarbon, by taking two hydrogen atoms from H2O and released the oxygen molecule to the atmosphere. Algae had begun its work to change the atmosphere.

Abiogenesis, the study of how life first began, is about 3.5 billion years old. The first life was synthesized, fossils suggest, from the first plant cell, cyanobacteria, also known as blue-green algae, was the size of a nano-particle, 5 μ (microns). The period at the end of this sentence is about 500 µ.

Algae systematically collected solar energy, sequestered carbon atoms and released oxygen. Moving at an incredibly slow rate of one tiny molecule at a time, algae transformed the harsh carbon dioxide atmosphere that could not sustain life to an oxygen atmosphere that supported life. Algae took another 3 billion years to create sufficient oxygen to support other forms of life because ancient land plants evolved from algae only about 500 million years ago.

Algae’s atmospheric transformation enabled the development of other water plants, fish, insects, land plants, amphibians, reptiles and eventually land animals. Even though microalgae are the tiniest plants on our planet, each day algae create 70% of the atmospheric oxygen, more than all the forest and fields combined.

Algae’s Second Gift—Food

Algae’s contribution to our oxygen-rich atmosphere is matched by this tiny plant’s other gift—serving as the base of the food chain. Many of the earliest plants and water creatures depended on algae as a food source. Algae serve as nutritious food for everything from the tiniest phytoplankton to the largest mammal on earth, the great blue whale, because the plant offers an excellent set of proteins, minerals and vitamins. Every day, while algae capture CO2 and release pure oxygen, the green biomass supplies food for 500 times more organisms than any other food source on earth.

The brutal conditions on Earth meant the first algae cells had to evolve and re-evolve millions of times as their microenvironments crashed with electrical storms and severe heat followed by freezes and meteor showers of super-heated rocks. Algae displayed incredible persistence and developed a wide variety of defense mechanisms that allowed the plants to survive and to propagate. Algae’s ability to adapt quickly in order to survive led to an estimated 10 million algal species, each with unique growth capabilities and survival strategies.

Since algae formed the lowest rung on the food chain, they developed a brilliant survival strategy—the ability to grow faster than its predators could eat. The herbivores that fed on algae ate many but not all of the fast growing plants. The ability to propagate faster than its predators could devour them created a tremendous competitive advantage and ensured algae’s survival. Algae may have been the first free lunch because many species developed the capacity to double their biomass before midday. A single algal cell may create a million off-springs in a day.

Algae blooms were common in ancient oceans, lakes and ponds. The fossil fuels we burn today are made up mostly of fossilized algae. Children are taught in school that crude oil comes from dinosaurs but dinosaurs roamed the earth about 200 million years too late to become the biomass of choice for fossil fuels.

Most species of algae are so tiny they are visible only under a microscope. However, algae may group, bunch, cluster or grow in formations that are visible and edible. Algae typically are heavier than water and settle, creating a layer of green snow on the bottom of a pond. Algae’s green solar energy fuels growth for trillions of organisms daily as algae’s stored energy moves up the food chain.

Marine algae called seaweeds or macroalgae often grow into forms that have the appearance of land plants with pseudo roots, trunks and leaves. Marine algae often grow into forms that are visible and edible. Algae typically are heavier than water and settle, creating a layer of green snow on the bottom of a pond. Algae’s green solar energy fuels growth for trillions of organisms daily as algae’s stored energy moves up the food chain.

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Raw Vegan Power
Who said it can’t be done?
by Mary Luciano

There is a growing number of vegetarian, vegan and raw food athletes, from sprinters, marathon runners and ironman contenders to bodybuilders, hockey players, and the like. Regardless of the sport, we can find at least one vegan athlete among the bunch. What’s more, coaches are realizing the benefits of adding more raw foods to their athletes’ nutritional regime. Gone are the days when vegan athletes were seen as weaker than their meat eating competitors.

Never-the-less, we are still faced with skepticism in the minds of some of our athletes and coaches. For the past two years I have been on a quest to put the raw food diet to the test by entering fitness competitions while being on a mostly raw food program.

In my younger years I was brought into the belief that you really needed meat to help grow muscle. All the sport nutrition books that I read and all the nutritionists I counseled with said, “your plate should consist of carbohydrates, vegetables, cooked grains, salads and fruits, healthy fats and oils, nuts and seeds, and a protein source of lean meats such as chicken, turkey, fish and lean red meat on occasion.”

I continued through most of my competitive life thinking I was eating enough nutrient rich foods until, at one point, I faced more injuries than I could handle. I had to stop any intense exercising altogether and ended up in rehabilitation. I went from therapist to therapist for a better part of four years. Imagine an athlete being restricted to rehab exercises! It wasn’t fun. The lightest cardio motions aggravated my system and running was surely out of the question. After a while, these challenges all started to take a toll not only on my time but my bank account as well.

One weekend, after listening to a speaker at a health show, I learned about the raw food lifestyle. I heard more and more about eating raw and began to research the wonders of raw food. I couldn’t soak enough in and attended food demonstrations, workshops, and lectures from experts in the field who spoke in Toronto.

Next came the crème de-la-crème of raw food pur- suits—Hippocrates Health Institute. In July 2004 I went to Hippocrates and participated in their three week Life Change Program. Lo and behold, I started to feel better. When I came home I continued as best as I could with the lifestyle I had adopted. I also decided to experiment to determine if my body was still okay with adding the odd not so healthy favorite food. My body quickly alerted me that this “moderation” tactic just would not work. I gradually began exercising regularly while continuing to eat raw foods. With proper nutrition and the help of a Pilates teacher, and later a personal trainer, I finally returned to an intense exercise program.

Shortly thereafter, I decided to return to competitive sports. Instead of endurance sports, such as running, biking, adventure racing, and sprinting, I wanted to try something different. Since I was a teenager, I had always wanted to participate in a fitness show because I always admired the beautiful, tanned, muscular men and women who competed.

Although weight training had always been a part of my fitness programs, I had to raise the intensity to a new level. My new eating regimen was a running joke between my trainer and I—while I persuaded him to drink my wheatgrass he tried to convince me to add a little bit of meat back into my diet. But I was committed to proving that I could do this. I am proud to say that on November 7th, 2004 I placed second at the IDFAs (International Drug Free Association) show, in the Novice Figure, short division, one up from my last year’s finish, and as a raw vegan athlete to boot!

This year I entered my third competition with the Ontario Physique Association (OPA) and placed 4th in the Women’s Open Division and 3rd in the Women’s Master Division allowing me to compete at the Provincial level. At the Provincials I placed 3rd in the Women’s Master Division and am now training for the Nationals.

My diet is anywhere from 80 to 100% raw with the exception of some steamed vegetables and whole grains. Wheatgrass, E’juve, Sunwarrior and Hemp Protein are my proteins of choice to help with muscle building along with lots of leafy greens and tons of sprouts.

This year I will be turning 40 and maybe I’ll set my intention for a 1st place win. For now I dedicate this trophy to everyone on this journey of living foods because it is purely the best. So if anyone ever challenges you and says that it can’t be done; prove them wrong. Anything you set your mind on you can achieve.

Best wishes to everyone!
With gratitude,
Mary Luciano
Health Living Educator, Raw Food Enthusiast thehealthyLivingEducatingCenter.blogspot.com
mary@maryluciano.com

People who detox physically also detox emotionally. This connection is often seen among the guests at Hippocrates Health Institute while going through the Life Change Program. While the unpleasant aspects of physical detox are well known, the emotional side of detox is often overlooked. This is why Hippocrates guests are given a stress assessment and a consequent stress management support session. These sessions help most guests better deal with their emotional detox. However, there are some individuals who choose to come to the program hoping to balance their emotional challenges without having to take medications. Those individuals often find their way to help through the nutritional and counseling help available in the program. The use of herbs and other alternative therapies are also found to be helpful by some. It should be emphasized that this program is by no means a substitute for psychiatric treatments if one needs psychiatric help.

Lemon balm (Melissa officinalis): A safe and non-habit forming herb often used for nervousness, depression, insomnia, and nervous headaches. The volatile oils in the plant (particularly citronellal) have a sedative effect even in minute concentrations, so use with caution.

Ginseng (Panax ginseng and Panax quinquifolius): An adaptogenic herb often used to boost mood, improve memory and attention, lengthen physical and mental endurance, improve test scores, and ease anxiety.

Siberian Ginseng (Eleutherooccus senticosus): An adaptogenic herb often used to boost concentration and focus without the letdown that comes from stimulants like caffeine.

Gotu Kola (Centella asiatica): An herb often used to improve memory, concentration, and mental performance levels.

Let the blues flush away
Sadness and grief often dominate the emotional life of many guests at HHI because they have been dealing with major health challenges. Hopelessness often accompanies such feelings. As a result, many individuals experience symptoms which go along with depression. Many of these symptoms are dealt with through the psychological support available in the Life Change Program. Often our guests choose to deal with these problems using herbs. Some of the herbs which are often helpful in combatting the emotional symptoms of depression are described below. It is important to note that it is suggested for individuals going through these symptoms to use herbs under the supervision of a Naturopathic Physician or nutritionist, such as the ones at Hippocrates Health Institute.

**Herbs for Happier Emotions and Brighter Brains**
by Antony Chatham and Michele Mendez

H
erbs have been long used to help promote healthy memory and neurological function. Many studies have been conducted in Europe and the US on the effects of natural supplements on the brain. The results have been promising.

Dandelion leaves, for example, provide the brain with natural stimulants like caffeine.

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Success Stories by Katharine Clark

Ken Rehler became a Hippocrates Health Educator in 2005 and lectures at the institute occasionally. He specializes in teaching cellular regeneration, nutrition, emotional healing, and changing limiting subconscious beliefs to naturally heal “incurable” disease, and radically improve health, business performance, athletic performance, and overall well-being. Ken has studied natural health and healing from some of the best healers in the world, including the many at Hippocrates, Gabriel Cousens, Brenda Cobb, Dr. Robert Morse, Dr. Medicine Wolf, David Wolfe, and a litany of other healers, shamans, and gurus. An engineer by training with 23 years working in hospitals and the medical system, Ken teaches about the quantum physics, biology, and chemistry of food, the body, the mind, and emotions — where they meet, and how they work together. Ken lectures, teaches workshops, and does private consultations to provide people cutting-edge natural solutions that really work.

Benjamin Stone graduated from the Hippocrates Health Educator Program in 2009. Benjamin has combined the living food principles he learned at Hippocrates with his strong background in business and technology to launch two thriving businesses, RawNaturals Healthy Living Supplements (see ad, page 59) and Toronto Sprouts Limited. He is also very successful as a leading Canadian distributor of LifeGiv supplements. Benjamin credits living foods with changing his life and has made it his life’s ambition to share this knowledge with others. This ambition is already becoming a reality for the young entreprenuer, who has many exciting projects on the horizon, including breaking ground on a new alternative health institute in his native Canada and the potential ownership of raw food retreats in the Philippines. Benjamin continues to study and complete certifications, such as T. Colin Campbell Ph.D.’s Plant-based Nutrition from Cornell University, BodyMind Nutrition Certification, David Wolfe’s Ultimate Raw Nutrition Certification and completing his Holistic Nutritionist RHN Designation through Alive Academy.

For more information on the Hippocrates Health Educator program, contact Katharine Clark at kclark@hippocratesinst.org or (561) 471-8876, extension 206. See Hippocrates Health Educator ad on opposite page for details about the program.

Nourishment, cont’d from p. 25

This deviation is further evidenced by the condition of the planet on which we reside. Through abusing ourselves, we consequently abuse our environment. From littered roadways to factories pouring vile waste into our atmosphere to oceans that will soon have more oil platforms than fish, we are surrounded by signs marking the disparity between a fulfilling existence and a troubled life.

Nourishment begins with finding your purpose, relentlessly pursuing it and finally soaking up the passion it provides. This ethos manifests in strong and capable people who will not concede to second best. These individuals see life as an opportunity to progress rather than a sentence to toil through. Fueling your very cells with fresh, organic, plant-based, living foods is an essential process for those who wish to raise themselves from the ashes of an ill humanity.

With distrust at the helm of the human psyche, it is no wonder that confusion and sadness reign supreme. When people doubt themselves, they doubt all. When people make conscious and pure choices, they develop self-respect and internal trust that spreads among those they touch. It is time we become serious about food.

The basis of this transformation is realizing that food is not a recreational activity. Our kitchens should be our fueling stations, not our amusement parks. When individuals embrace this knowledge and utilize the wisdom of correct cuisine, they spread that goodness from themselves to the very earth they live on. Thriving health replaces disease; community gardens supplant toxic pollution; heightened awareness supersedes confusion and sadness; a new way of life blossoms from the bold, yet simple, act of proper food selection.

From this moment on, ask yourself this viable question every day “Do I deserve the best nourishment available?” Until the answer is a consistent and constant, “yes,” keep pursuing a higher quality avenue of change. Combine this with the relevant tools of self-exploration and improvement of mind-set. This, and only this, will lead you to a full, healthy and happy life, free of discontent and disease.

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Might algae save us again?

Today, our atmosphere and oceans carry massive amounts of CO2 from human caused fossil fuel pollution. Algae may play a role in saving our planet again by reducing the atmospheric carbon load. Algae can also reduce greenhouse gases by producing carbon-neutral liquid transportation fuels that recycle atmospheric carbon while displacing fossil transportation fuels. Carbon neutral fuels are made with algae feedstock when the cultivation, harvest and re-refining energy comes from renewable sources such as solar, wind, waves, geothermal or algal oil.

Algae fuels offer a significant advantage in that they burn cleanly without black soot particulates. The black soot pollution that causes lung disease, respiratory illness and cancer came from the fossilization of algae into crude oil, coal and shale over 400 million years. Algal fuels are produced in a matter of weeks and are not fossilized, so they burn clean similar to their land-based cousins — vegetable oil.

Algae promise to provide much-needed solutions for our increasingly hot, crowded, hungry and energy consuming societies. The opportunity before us is to cultivate algae in a manner that engages people globally to produce sustainable and affordable food and energy for their family and community needs locally.

Call today to register or learn more.

(800) 842-2125
www.HippocratesInstitute.org

Health Educator candidates do not receive any treatment offered in the full price version of the Life Change Program. Additional treatments may be purchased individually at a discounted price.
Healing Our World » Green Foods

An herb often used in the treatment of mild to moderate depression. Not recommended as a first line or solo treatment for depression; may be effective for a patient with a history of positive response to low-dose SSRI medications.

Golden Root, Arctic Root, or Roseroot (Rhodiola rosea): An herb often used to improve mental and physical energy, cognitive functions, memory, and performance under stress. By providing extra mental energy, this herb has helped some overcome sad feelings and other symptoms of depression.

Omega-3 Fatty Acids and proper forms of B-12 are known to improve mental and physical energy, cognitive function, memory, and concentration, and easing depressive moods. May also be helpful to combine as a tea for cases of mild to moderate depression, and easing depressive mood changes. Essential oils may be diffused to smell their aroma, and in some cases be applied topically, usually with a carrier oil, such as grape seed, almond, or avocado oil. The following herbs are especially helpful as essential oils for concentration.

Roseroot (Rhodiola rosea): Referred to as “the herb of remembrance.” Rosemary is the best known aromatherapy treatment for poor memory, difficulty concentrating, fatigue, and improving mental clarity.

While some herb actions occur in the anatomical region. This is what gives this green powder its high "vibration" quality of the greens (thank the metals in the minerals in the sea beds). This is what gives this green powder its high "vibration" factor. For more information on the vibrational quality of foods, simply Google "high vibration foods."

Herbs, cont’d from p. 43

Yerba maté (Ilex paraguarensis): A shrub that may have the effect of stimulating the mind, increasing concentration, and easing depressive moods. St. John’s Wort (Hypericum perforatum) An herb often used in

with other nourishing herbs like anxiety. May also be effective to combine in mind and mood, improving mental clarity and memory.

Basil (Ocimum basilicum): Oil of Basil is perhaps the best aromatic nerve tonic. It is often used to clear the head, relieve intellectual fatigue, and give the mind strength and clarity.

In Conclusion

Western medicine draws an unnatural line between emotions and physical illness, when no such line exists in the body and mind. Regaining one balance from the experience of anxiety and nervousness, stress and tension, panic attacks, PMS, ADD, depression, and so forth, may be successfully approached with the use of herbs under the supervision of a physician. From treating insomnia, anxiety, and mild depression, some of the favorite herbs used at Hippocrates are Peppermint, Chamomile, and Lavender. The most common treatments using herbs are herbal teas and tinctures, as well as essential oils used in aromatherapy.

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Ormus Supergreens

Review by Will Burson

Ormus Supergreens isn’t your typical “green drink.” Neither protein powder nor meal replacement, Sun Warrior’s new green powder boasts some special nutritional qualities. This is largely because the greens Ormus is made of are grown in a pristine ancient sea bed located in a volcanic region of Utah and Arizona. Unlike other products made of grasses that are often imported from other countries, Ormus Supergreens has the benefit of the full array of macro minerals and trace minerals found in these ancient sea beds.

“This great, but how is it taste?” I find it very refreshing, but, to be fair, I love green drinks of all kinds. This is why I also gave Ormus Supergreens to some friends who aren’t particularly fond of rudimentary raw fare, such as sprouts or plain greens. How did it stand up to their standard American palettes? They liked it! The consensus is that it tastes like a minty green tea. For this reason, I think Ormus Supergreens is a great product to add greens to the diets of those who are less “green crazy.” And of course it’s a great way to bolster the healthy diets of raw fooders.

“Ormus” in Ormus Supergreens refers to the vibrational quality of the greens (thank the metals in the minerals in the sea beds). This is what gives this green powder its high “vibration” factor. For more information on the vibrational quality of foods, simply Google “high vibration foods.”

CHRYSALIS’S CORNER PRESENTS

Ormus Supergreens

The Highest Vibrational Greens on the Planet!

CHRYSTAL’S CORNER PRESENTS

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The Highest Vibrational Greens on the Planet!
Field of Greens, cont’d from p. 19

Besides trying to stay 100% raw, another pitfall people run into while improving the quality of their food is the idea of “transitioning,” a term John’s pulled like an irascible weed out of his vocabulary. “What makes a successful transition is not a transition, it’s a lifestyle change,” he said. “People who are transitioning means they’re always going to be transitioning. It’s better just to do it. Otherwise, you’re setting yourself up for failure.”

John says “just doing it” doesn’t mean denying yourself or taking on more than you can chew, so to speak. “People who are changing to a raw lifestyle need to build on small successes instead of taking on more than they can handle.”

“Growing Your Greens” — John’s seemingly endless knowledge about gardening and food-prepping on YouTube, from planting a tomato field in his (willing) neighbors’ side yard to growing edible weeds like lambquarters (wild spinach) and harvesting radishes the size of cucumbers to make radish pickles.

In his two-hour talk at HHI, John asked his audience to come up with criteria that a food needs to be truly healthy. In addition to being vegan, void of any animal product, they agreed that to pass the test a food must be:
- Not heated above 118 degrees (if unprocessed, pass on it)
- Whole and unrefined
- Not genetically modified
- Fresh and highly vibrant

John suggests coming up with three top criteria of your own and checking them to see if the food you purchase passes the test of being beneficial to your body, inside and out. Watch John’s three-10 minute segments of his HHI talk on YouTube. (Search: Not all Raw Food is Healthy)

PURITY MADE SIMPLE

Optimal health is not possible without the benefits of pure drinking water because the cumulative effects of ingesting water contaminants puts a severe strain on our bodies’ ability to fight off sickness and disease.

Did you know, pure water is responsible for carrying nutrients and oxygen to cells, cushioning joints, hydrating skin, converting food into energy, removing toxins and wastes, empowering the body’s natural healing process and enhancing overall good health? But the wrong kind of water can pollute, clog up and hinder your wellbeing and vitality. Now you can have pure water and peace of mind.

Discover the healthful benefits of homemade 100% steam distilled/fILTERED water. You will enjoy the full-bodied flavors of tea, lemonade, juice and all your favorite beverages made with purified water. Taste clear, pure ice that doesn’t tint your thirst-quenching drink. And, reveal the natural flavors of your fruits and vegetables washed and rinsed in purified water without unhealthy contaminants found in most tap waters.

You’ll love the stylish Waterwise 9000* because it eliminates your water quality concerns by transforming ordinary tap water into pure steam distilled. More effective and reliable than a filter or reverse osmosis, the 9000 combines distillation with carbon filtration for guaranteed consistent water purity gallon after gallon! Yes, it’s purity made simple. Just fill the removable boiler with tap water, press the start button and it automatically shuts off when done! The contemporary, space-saving design of the Waterwise 9000 looks great in any decor and it’s made in the USA.

Shouldn’t you make sure your drinking water is the purest possible? Take charge of your water quality with the Waterwise 9000 Purifier.

www.waterwise.com

MADE SIMPLE

www.fieldofgreens.com

A clearing house of hundreds of recipes (you’ll never leave not hungry here), health articles, books and appliances. The best tutub on this website is John’s personal coaching sessions, which run $60 for a half-hour packed with practical pointers. Sometimes he even offers a free 45-minute session to get your juices flowing.

okRaw.com — An under-construc- tion blog that directs you to a YouTube video blog where John reduces a two-hour presentation here at Hippocrates Health Institute (HHI) into three 10-minute video clips, a cut-and-sliced culmination of 15 years as a raw foodist.

DiscountJuciers.com — Everything you need to know about buying the right appliances for your raw foods kitchen.

But John’s not pushing people to “do what I do.” As he says, “I’m not here to try to convince anyone, adding that that’s a lot more work than maintain- ing a methodical perfectionist’s view of a vegetable garden.” “I’m a nonargu- mentative type of guy. I preach a more moderate approach than I used to.” John became shockingly conscious of the importance of health in 1995, way before it was rad to be raw. A few years earlier, he was in the emergency room with such an intense headache

that he was seeing blue light and was close to blacking out. The doctors told him he was suffering from meningi- tis, an inflammation of the brain and spine protective membranes, and that he might not leave the hospital alive. Along with his diagnosis, he was told there was no medicine to “fix it,” even if he had all the money in the world. “I thought, ‘Wow, what good is money when I might not even make it out of the hospital?’”

He realized that putting your health first was the only way to enjoy any- thing, especially your body. He also realized that putting health first is the last thing most Westerners do. “People don’t take the truism ‘Health is our wealth’ to heart.”

John’s seemingly endless knowledge about gardening and food-prepping on YouTube, from planting a tomato field in his (willing) neighbors’ side yard to growing edible weeds like lambquarters (wild spinach) and harvesting radishes the size of cucumbers to make radish pickles.

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- Not heated above 118 degrees (if unprocessed, pass on it)
- Enzymatically active, alive
- Health-building as opposed to health-compromising
- Ocuring in nature

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Shouldn’t you make sure your drinking water is the purest possible? Take charge of your water quality with the Waterwise 9000 Purifier.

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48 Healing Our World ⎯ Green Foods

49 Healing Our World ⎯ Green Foods
Cream of Asparagus Soup

5 C. Nut Cream (half Almond, half Pine Nut)
1 Bunch Asparagus (no leaves)
4 Stalks Celery
¼ Sweet Onion
1 oz. Lemon Juice
½ T. Kelp Powder
½ T. Dried Thyme
½ T. Garlic Powder
½ T. Frontier Pizza Seasoning

1. In a blender, combine lemon juice, spices, celery, onion and cream.
2. Blend for 20 seconds and set aside.
3. Take half of the asparagus and chop very fine by hand or in food processor.
4. Take the other half of asparagus and slice thin or a bias (crosswise).
5. Combine asparagus with creamy broth and enjoy.

To make nut cream:
1. Soak nuts overnight & rinse (discard water)
2. Blend 2 ½ cups almonds & 2 ½ cups water
3. Squeeze through sprout bag
4. Blend 2 ½ cups pine nuts & 2 ½ cups water
5. Squeeze through sprout bag

This is the basis for making what we call nut cream, which is good for any cream soup base or nut milk ice cream.

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Contact en France: Dany Roxane
418 670-4234 ou 450 834-4310
roxanevezina@hotmail.com

See page 27 for Chef Ken’s Dark Leafy Green Recipes
Sprouts, cont’d from p. 21

You’ll only be paying $0.12/lb for organically grown sunflower greens (more than spinach!), or $1/lb for jumbo alfalfa greens (more chlophyll) and minerals than parsley.

One pound of sprouts provides the combined nutritional advantage of thousands of baby plants. Biochemists tell us that in the first 5–10 days, young plants achieve their maximum nutrient density. In other words, they are more nutritious than at any other point in their growth. These baby plants literally grow water rapidly multiplying enzymes, vitamins, proteins and minerals needed for the development of the mature vegetable. 8 Vitamins minus one the last time an iceberg lettuce looked delicious to you? Don’t blame it; it’s all in the processing. Indoor-grown lettuce now is the utmost in freshness. It will literally get a food value that is a thousand times higher. 9

Small Investment

For a small investment of $5.00 to $6.00, you could purchase all the seeds and tools necessary to have some of the tastiest and most nutritious vegetables you’ve ever eaten. The energy of the sun and convert it to chlorophyll. Eating fresh, live, chlorophyll-rich foods nourishes all cells of our bodies and increases stamina. Sprouts: The Miracle Food by Steve Meyerson

Sulfur Toxicity

Overconsumption of sulfur-containing amino acids (for example, methionine) will cause you many unwelcome problems. 10 Most noticeably, sulfur-stinks, like rotten eggs, causing halitosis, body odor and malodorous flatus. Methionine is metabolized into homocysteine, a risk factor for heart attacks, peripheral vascular disease, venous thrombosis, dementia, Alzheimer’s disease and depression. Sulfur feeds cancerous tumors and is known to be toxic to the tissues of the intestine. Sulfur-containing amino acids are metabolized into sulfuric acid—one of the most potent acids found in nature.

Acid Overload

After ingestion, your body must neutralize the over-abundance of endogenous acidic diets in the animal foods you eat. Your bones are the primary buffering system of your body. 11 They counteract these dietary acids by releasing alkaline materials (carbonate, citrate and sodium)—thereby the bones dissolve. Acids from animal foods also raise cortisol levels in your body. 12 An excess of steroids is another mechanism for further bone loss. The net result from this detoxifying acid poisoning is kidney stones and osteoporosis.

Dieting with a Starch-based Diet

Simply by making the right food choices you will immediately reduce your burden from the dietary acids inherently found in animal foods. At the same time, you will be reducing your intake of pesticides, antibiotics and other toxic chemicals found in high concentrations in most animal foods. You will also be adding generous amounts of complex carbohydrates, dietary fibers, alkaline substances and a healthy balance of vitamins, minerals and essential phyto-chemicals to your body. And finally, you will be avoiding exposure to animal-borne, infectious microbes (bacteria, viruses, parasites and prions) that can cause acute and deadly illnesses. Give yourself a break today. Choose starchy, free of the five endogenous poisons—superabundant in animal foods.

Five Poisons Abundant in Animal Foods, cont’d from p. 21

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“Children born today will find their lives preoccupied with a host of hardships created by an inexorably warming world. Food supplies will be diminished and many of the world’s forests will be destroyed. Not just the coral reefs that nurture many fisheries but the chemistry of the oceans will face disruption.”

— WORLDWATCH INSTITUTE

**Sustainability, cont’d from p. 39**

If we are really committed to saving the environment we need to know where our leverage is. We need to focus on where we can get the most benefit.

Eating lower on the food chain is a real boon to the whole earth community. The good life doesn’t have to cost the planet.

The question we will collectively answer with our lives in the coming years is this: Are we going to take the earth’s needs into account, or are we going to indulge our appetites without regard for the impact we’re having on the environment?

The Fourth Assessment Report of the Intergovernmental Panel on Climate Change, which was released at the end of 2007, was the largest and most detailed summary of the climate change situation ever undertaken. Its authors included thousands of scientists from dozens of countries. It unequivocally predicted serious risks and damages to species, ecosystems, human infrastructure, societies, and livelihoods in the future unless drastic action to reduce warming was taken.

Summarizing our current predicament, the Worldwatch Institute says that if we do not radically change course, “Children born today will find their lives preoccupied with a host of hardships created by an inexorably warming world. Food supplies will be diminished and many of the world’s forests will be destroyed. Not just the coral reefs that nurture many fisheries but the chemistry of the oceans will face disruption.”

And one more thing. We all know that everyone needs to eat, but we tend to overlook the fact that it’s not efficient to cycle grain through animals. The production of a pound of feedlot beef requires sixteen pounds of corn and soybeans. That’s why the noted author Frances Moore Lappé called modern meat production “a protein factory in reverse.” From the point of view of world hunger, if you feed corn and soybeans to livestock, you’re actually wasting most of the protein and other nutrients that you’ve grown. If you think about the vast numbers of people who are starving on our planet, it begins to look like a crime against humanity to take 80 percent of the corn and soybeans grown in the U.S. today and feed it to livestock. But that is exactly what we are doing, so we can have cheap meat. Cheap, that is, if you don’t count the human suffering that is and will be caused by climate deterioration, the cruelty to billions of animals, and the unmet food needs of hundreds of millions of people.

It’s striking to me how much correlation there is between the food choices that are the healthiest, those that are the least expensive, and those that are most socially and environmentally responsible. It is a fact of singular significance today that eating lower on the food chain — eating more plants and fewer animals — addresses all of these goals in a positive way.

While efforts to use government as an agent of social change don’t have the best reputation, this could be an instance in which such an approach might be useful. Since we have taxes, why don’t we tax the things that are bad for the world and use some of that money to lower the price of things that are good? This would be a revenue-neutral way of fostering a better world. For example, what if we taxed agrochemicals and used the revenue to subsidize organic and other safe forms of growing food? What if we taxed junk food and used the income to subsidize fresh fruits and vegetables? What if we taxed white bread and used the revenue to lower the price of whole wheat bread? What if we taxed products that are responsible for a disproportionate share of greenhouse gases, such as meat, and used the money to subsidize vegetable gardens and fruit orchards in every school and neighborhood in the country?

The results would be impressive. We’d have genuinely happy meals, because we’d be eating far better and at far less expense. We’d be so much healthier as people that what we’d save in medical bills would go a long way toward solving the crisis in the health care system. And we’d dramatically reduce our emissions of greenhouse gases and thus have a more stable climate.

**The New Good Life**

by John Robbins

The New Good Life provides much-needed hope and comfort in a time of fear and uncertainty. Here is everything you need to develop high-joy, low-cost solutions to life’s challenges. Practical and inspiring, this book equips you with the skills needed not only to survive but to thrive in these challenging times. Learn more at JohnRobbins.info or FoodRevolution.org.

“Children born today will find their lives preoccupied with a host of hardships created by an inexorably warming world. Food supplies will be diminished and many of the world’s forests will be destroyed. Not just the coral reefs that nurture many fisheries but the chemistry of the oceans will face disruption.”

— WORLDWATCH INSTITUTE

**When I see a wild bird in flight, my instinct is not to grab a gun to shoot and kill it. My desire is to appreciate its beauty and understand its place in the web of life.”**

— JOHN ROBBINS
Chlorophyll, cont’d from p. 33
Young cereal plants absorb and synthesize vita- 
mins K, vitamin C, folate, pyridoxine, iron, calcium and protein for their growth and development. These very 
nutrients are essential to the growth and utilization of hemoglobin in humans and animals.

Protection from Cancer
Scientific evidence has shown that chlorophyll and the nutrients found in green foods offer protection against 
toxic chemicals and radiation. In 1940, Dr. Chiu Nan Lai at the University of Texas Medical Center reported that 
extracts of wheatgrass and other green vegetables inhibit the cancer-causing effects of two mutagens (benzopyrene and methylcholanthrene). The more 
chlorophyll in the vegetable, the greater the protection from the carcinogen.

Chlorophyll can reduce the ability of carcinogens to cause gene mutations, as shown in several labora-
tory studies. Chlorophyll-rich plant extracts, as well as water solutions of a chlorophyll derivative (chlorophyl-
lin), dramatically inhibit the carcinogenic effects of common dietary and environmental chemicals.1-16

Protection from Radiation
Green vegetables provide protection from radiation damage in test animals. This information has been reported in 
scientific literature dating back to the early 1950s. Early reports showed that certain vegetables significantly 
reduced mortality in rats exposed to lethal doses of X-rays.17 Dark green vegetables offered more protection than the 
lighter green cabbage. In a later study, the same vegetables were shown to reduce the damage 
caused by radiation.18 These protective effects were more pronounced when even darker green vegetables such as mustard 
greens and alfalfa leaves were used. When two or more of the green vegetables were fed together, the positive resistance to radiation 
was greatest.

Chlorophyll vs. Chlorophyllin
Chlorophyll is a semi-synthetic sodium/copper derivative of chlorophyll. It has been used for over 50 years as a food additive and 
alternative medicine because it is generally regarded as safe by the Food and Drug Administration. Chlorophyllin: a potent 
antimutagen against radiation. The protective effects of chlorophyll and chlorophyllin. A 2005 study was conducted in the 
Netherlands to compare the effects of chlorophyll and chlorophyllin.

Human diets high in red meat and low in green vegetables are associated with colon cancer. Such a diet 
was simulated in rats using dietary heme. The heme, simulating the red meat rich — and green vegetable 
lacking — diet of many people, caused a staggering increase in cytotoxicity (250-fold increase, measured in fecal 
water), a nearly 100% increase in proliferation of colonocytes and almost complete inhibition of exfoliation of the 
colonocytes. The study found that chlorophyll, but not water-soluble chlorophyllins, completely prevented these 
heme-induced effects.

While chlorophyll has exhibited some of the same benefits as natural chlorophyll, this study shows that the 
natural option has an overwhelming advantage in at least one application. The best way to incorporate more 
natural chlorophyll in your diet and reap all its wonderful health benefits is through green foods. The table on 
this page lists some foods especially high in chlorophyll. When you eat fresh, organic, chlorophyll-rich foods and drink your 
juices, you are getting the best of the best. Growing your own cereal grasses and juicing them costs pennies, and these foods are the 
richest in chlorophyll.
Kidney health is vital.
The Kidneys are a very important part of our body’s toxin elimination systems. Nutrition and ingestion of proper food and nutrients is necessary for good health and just as necessary is the elimination of toxins from our circulatory system as provided by our kidneys.

Good kidney function provides us with energy, endurance, healthy skin tone, clear headedness and proper brain functioning. Lack of kidney function can cause bloating, fatigue, infections, edema, gout, hormonal imbalances, skin conditions, stones and other dysfunctions related to kidney dysfunction.

LifeGive® KindKidney™ is a traditional, herbal formula that supports healthy kidney function and offers a nutritional healing approach for long-term kidney health.

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